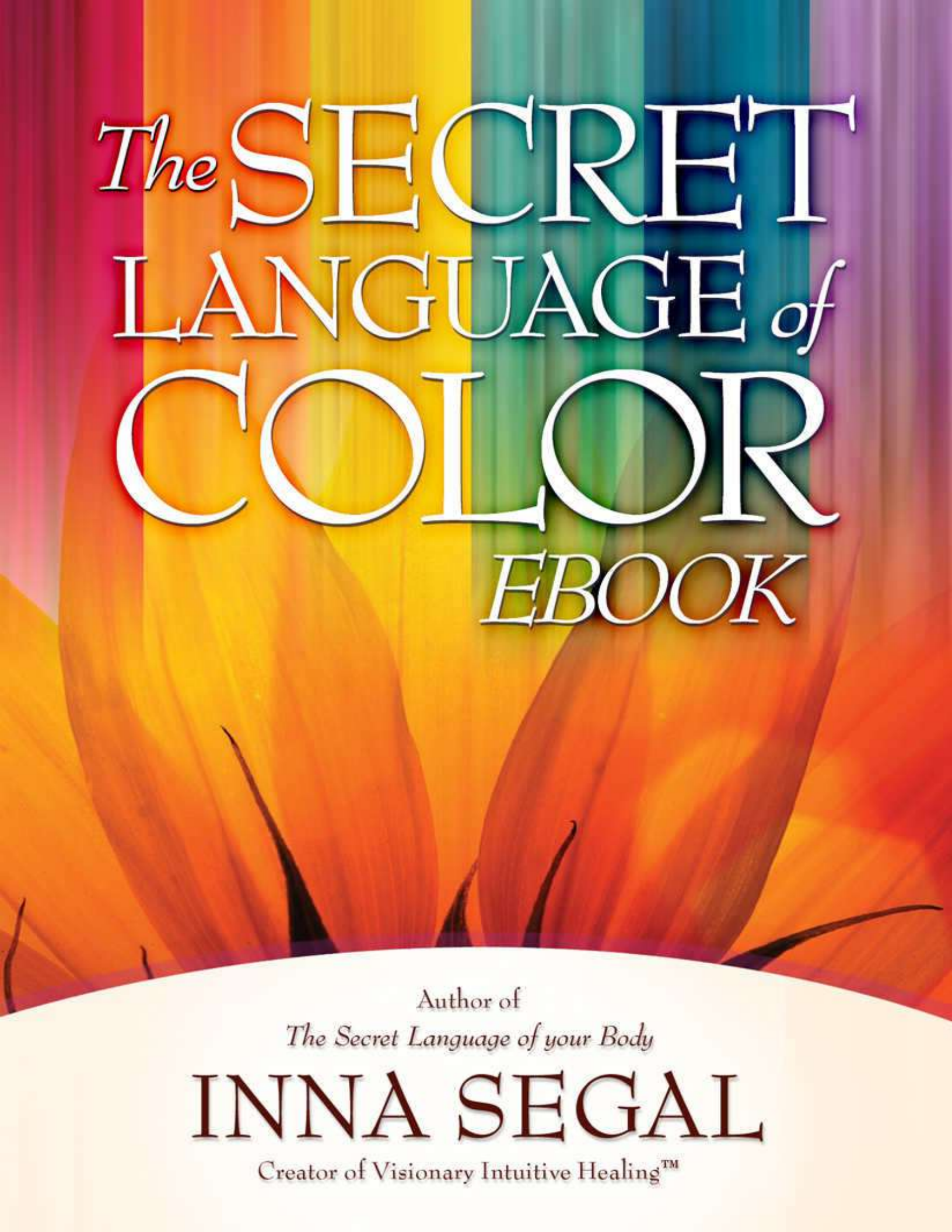
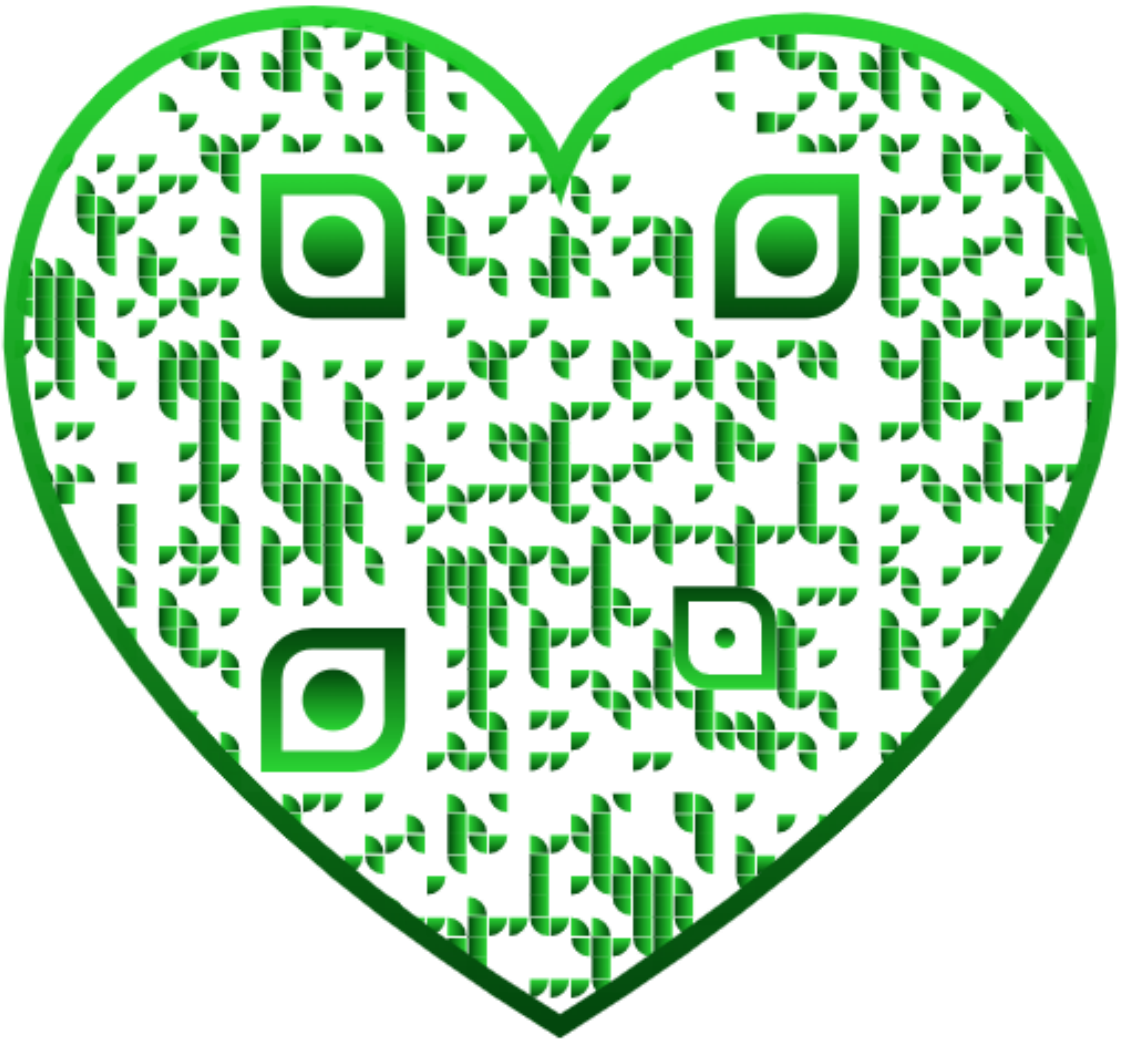


Author of
The Secret Language of your Body

INNA SEGAL

Creator of Visionary Intuitive Healing™



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Further Resources Available from Inna Segal

INTRODUCTION

The Power of Color

For thousands of years, people have used color for healing, entertainment, to create beauty, and to feel more radiant and alive. Colors are everywhere—in nature, our homes, our closets, and our food.

Colors have the capacity to assist with healing many health conditions, mental stresses, and emotional upheaval. Many businesses and organizations around the world use particular colors based on the properties of those colors and the effects they have on people. It is also widely known that many hospitals actively use certain colors on the walls that are known to be calming and relaxing for their patients. We are surrounded by colors, and they truly do have a powerful impact on our experience.

Can you imagine a world without color? Dull, monotonous, and depressing are the words that come to mind. I remember teaching a workshop in Europe about the power of color. One attendee came up to me and said that he just could not see how colors can help you to heal your life, or to become stronger, more confident, creative, and joyful.

I asked him to imagine going out for dinner to a restaurant that had a Red interior and then going for coffee to a café that had a Gray interior. While he was picturing this, I asked him if he would feel the same or different after spending time in the restaurants with different colors.

He replied, “Different, of course. At the first place, I would feel more sensual, energized, and passionate. In the second, I would feel quieter, more contemplative, maybe even a bit dull and tired.”

How amazing that just thinking about and imagining eating at two different places could create such a different experience!

Colors can be used in many ways to help you heal, including visualization; the clothes, shoes, and jewelry you wear; the food and drinks you consume; home decoration; spending time in nature; gardening; using crystals, essential oils, bath salts, lamps that emit a particular ray; lighting candles; painting and drawing; using makeup; coloring your hair; and drinking from colorful glasses.

This eBook has been specially created to give you a deeper understanding of the different qualities of each color so you can begin to apply the healing power of color in your life—become healthier, more creative, joyful, playful, spontaneous, peaceful, and energetic.

How People Use Color to Heal

I have worked with many people, both in private healing sessions and in Visionary Intuitive Healing™ workshops, who have benefited from learning how to heal with colors and now use colors in every area of their lives.

One client, Andrea, always wore Black and never seemed to have enough energy to look after her two small children. She often came into my office exhausted, as if she were carrying a heavy burden on her shoulders. When I inquired as to why she always wore Black, she said that it was the only color she had in her closet. It was interesting to observe that everything in Andrea's life also seemed rather Black and White.

I recommended that Andrea consider bringing more color into her life—in the clothes she wore, in her home, and in the food she ate. Amazingly, as Andrea began to wear more colorful clothes and pay more attention to including color in her life, her attitude toward life began to change too; she became more flexible, creative, and happy. I also asked her to explore working with color by using some visualization techniques similar to the ones you will find in this eBook. Within a short time, her energy levels had increased dramatically.

Another client, Peter, used color healing to cure his recurring pneumonia and sinusitis. He told me that now he cannot imagine life without color healing.

Many of my clients who are massage or beauty therapists visualize different healing colors while working with their clients. They report that their clients often say how much better and more relaxed they feel after their treatment.

How to Use *The Secret Language of Color eBook*

The eBook can be used in a myriad of ways to heal your body, heal your emotions, gain intuitive insights, ignite your creativity, feel better about yourself and the world, and transform your life; you are free to use *The*

Secret Language of Color eBook any way you choose. The following are some methods you might like to try.

Selecting a color

Ask a question and allow a color to come into your mind or visit the color gallery and sense which color is calling to you. Then go to the page in this eBook or touch the color in the gallery to take you directly to the page that describes the color, allowing your own intuitive insights to come to the surface. Be aware of any words that jump out at you, and have a pen and paper ready to write them down. Discover the color's properties and think of all the different ways you can incorporate that color into your day.

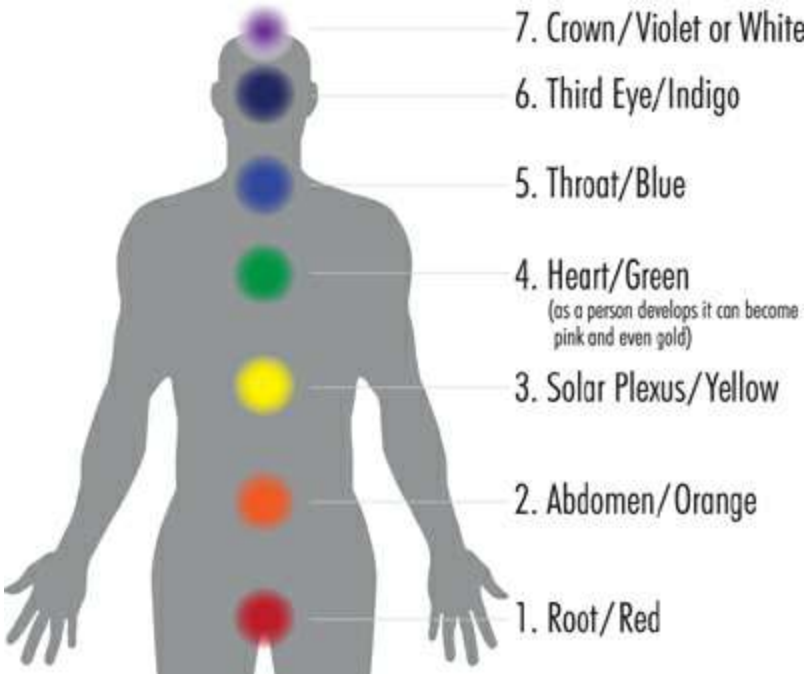
For example, if you are looking up Gold, you would read: "It helps with clarity and decision making. It also attracts abundance into your life." Maybe you have been confused and troubled. Ask to work with the Gold ray to bring more clarity into your life. Or take some Gold coins and put them into a cup for prosperity, which will help you to attract abundance.

Working with color

Think of a color. Then rub your hands together and place them slightly apart. Imagine you are holding a ball of that color. Place your hands on or above any parts of your body where you have pain or tension. Breathe in the color. Imagine the color is moving through your body, purifying and strengthening it.

Chakra clearing with color

Colors offer a perfect way to deepen your chakra clearings. Become aware of which chakra you would like to work on, and have the intention to pick the most relevant color in this eBook. If you aren't familiar with the chakra system, use this diagram for direction.



Focus on the color of the chakra. Then read about that color and do the relevant exercise. You can also use the process of rubbing your hands together (described earlier), focusing on the color, then channeling it into your own body or a partner's by placing your hands above the chakra (see the protection exercise in the next section before working with someone else). Focus a positive intention into the chakra as you move your hands in a circular direction, clockwise and then counterclockwise. If you are working with the chakras, you might also be interested in my *Nine Chakras* audio program, which could deepen your work (the end of this eBook provides more information).

Working with other people

If you want to use the eBook with a friend, have a "healing date" to give each other a color healing. But before you begin, first protect yourselves by imagining Gold and White rays moving through your bodies and surrounding you.

Say: "Divine Intelligence, please protect me from picking up any dense or negative energy from _____ (say his or her name) and _____ from picking up any dense and heavy energy from me. Surround me with your healing, protective, loving light. Thank you."

I would like to mention here that protection, the way I intend it, has nothing to do with fear or worry that you may be hurt. Just as you take a

shower to clean yourself, however, you are bathing yourself in beautiful healing colors to remain as clear and effective as possible in the healing work you do.

When you are ready, ask your friend to think of one or more colors and read about them in the following pages, doing the relevant processes. Then have your friend lie down and direct you to those parts of his or her body where focusing color feels right. Rub your hands together for fifteen to thirty seconds, and visualize the color coming out of them. Gently and slowly, move your hands above his or her body, allowing your hands to guide you to where the color needs to go. Repeat this process for as many colors as your friend has chosen.

Meditate

You can meditate on the images that relate to the colors or on the colors themselves and ask your own Divine Intelligence to give you deeper insights. Do the processes described for the specific color as well, adjusting as needed to make them your own.

Eat or drink the color

Another way to help your body absorb the energy of the color you have picked is to consume more food or drinks that contain that color. Do this particularly when you pick the same color more than once in the same week, as it could mean that your body really needs more of that color at that time.

Wear color

Wearing colorful clothes can re-energize your body and make you feel happier, more vibrant, and more creative. So bring additional colors into your wardrobe. You might even get into the habit of asking yourself every morning when you wake up, “What color could spice up my life today?”

Surround yourself with color

For those of you who want to attract abundance into your life, surround yourself with colors such as Red, Green, and Gold. If you want to raise your spirit, then bring in Pink and Purple. To calm yourself, surround yourself with Blue and Green.

Spend time in nature

Spending time in nature connects you to a myriad of colors. Make sure you

take the time to look at and connect to the different colors in the trees and the flowers.

Paint
Painting and drawing are fantastic ways to boost your creativity and strengthen your connection to colors. If you let go of your judgments and just paint, it can also put you into a meditative zone and allow your intuition to surface.

Be creative
You can pick a color for the morning, a color for the day, a color for the week, or anything else you like. Tune in to your body and ask what color or colors are important for you to work with. Or scan through the color images, stopping on those that jump out at you. You can also ask a question about yourself or a loved one who might need healing or some help. Then visualize a color surrounding yourself or him or her. Read more about the colors, and work with them by visualizing, eating foods that contain those colors, working with crystals, and doing the processes in the color descriptions. Use the information in the color messages as a guide to assist you.

Colors in themselves awaken your creative juices and get you thinking in original, imaginative ways. Always tune in to your own wisdom and understanding, and use the colors in ways that empower you.

You might like to buy a notebook for color healing where you write down how different colors inspire you and awaken your feelings. You may also write down the colors you are missing and need to bring into your life. There is no limit to how you can use this eBook, and I encourage you to use your imagination and be creative. The most important thing is to have fun.

Frequently Asked Questions

What is in this eBook?
This eBook gives you information about a particular color and its primary strengths. The color messages give further information about the healing properties of each color and the ways the colors can heal and empower every area of your life. You will also find an exercise designed specifically for you to use with that particular color.

How do I develop an intuitive connection with the color?

Connect to a part of your body that is feeling some tension. Do this by placing your hands on that part of your body and breathing into it. Ask your body to show you what color would be most helpful with healing this condition. When you sense or see the color, write it down.

Ask if there is any other color that can make the healing occur faster, then write down that color. (Often, two colors or more can work together powerfully.) Read more about their healing qualities, and visualize the colors cleansing this part of your body until it is clear. You can also use your imagination, as described before, to fashion a ball of color in your hands and channel it to this part of your body to expedite the healing.

What colors do I need to work with?

Sometimes people get so comfortable with certain colors that they miss out on other vibrations and influences that can help to change their lives. I see many people wearing Black, Gray, and Brown, and although these colors are helpful in their own ways, they can also create stagnation and drain energy if worn all the time.

Another way to work with this eBook is to ask, “What color do I need now?” Then page through the table of contents or through the entire text and pick out a color. Spend some time reading about the color and connecting to it. Think of all the ways you can bring this color into your life.

Why do I sometimes react negatively to a color?

If you have an aversion to a color, it is usually related to a past experience. Perhaps, while having a negative experience, you have seen that color and connected it to the unpleasant event.

It is important to read about that color and become aware of those qualities that might be helpful to you in your life.

Even if you cannot wear it or visualize it at first, get a pen, pencil, or marker of that color and write with it. Write down why you don’t like this color and how it makes you feel. Often, acknowledging a difficult emotion can help to release it and bring more color and healing into your life.

Do I need to do the exercise in the color messages?

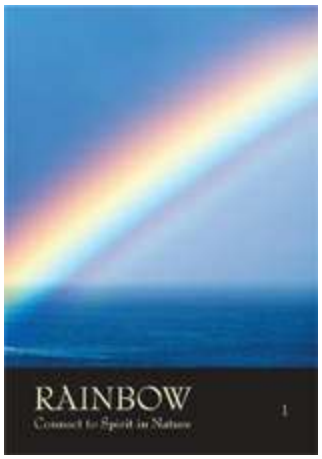
This eBook has a short exercise connected to each color, and I encourage you to go through the process to maximize your healing and transformation. Also, feel free to make up your own practices.

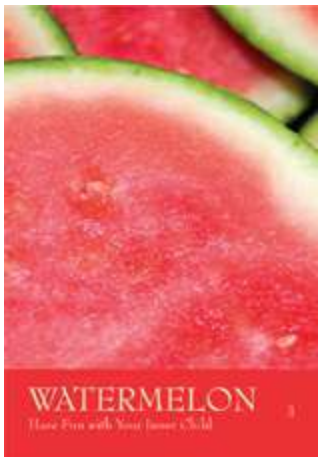
To accelerate your healing, it is very important to write down your experiences after you have completed each action. This helps you to acknowledge the healing and gain further insights into the challenge.

I would love to find out about your transformations. Please feel free to email me at Inna@InnaSegal.com.

’Til we meet in person. . .
Love, Inna

COLOR GALLERY





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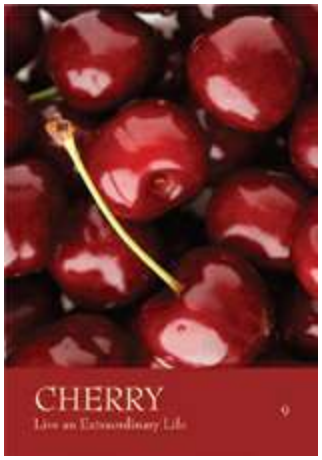
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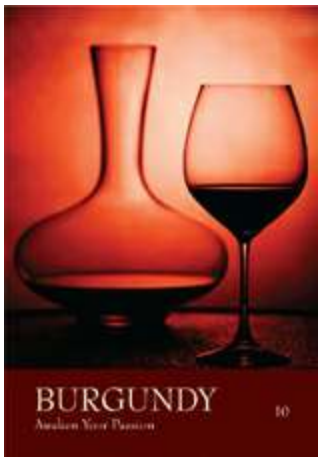
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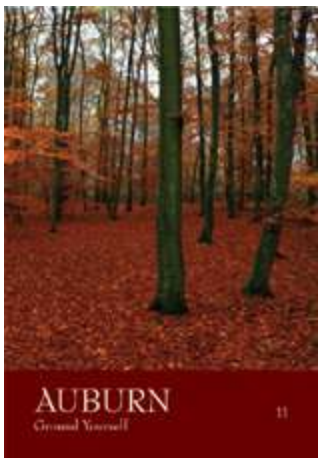
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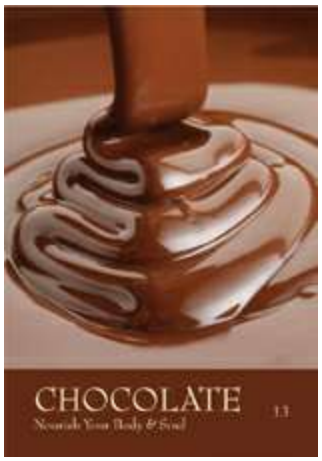
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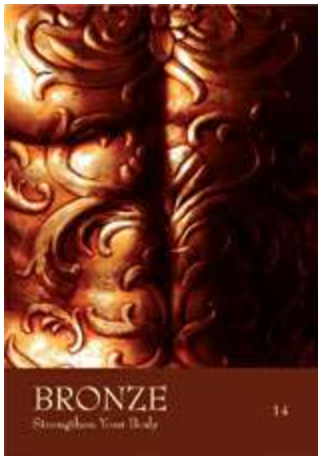
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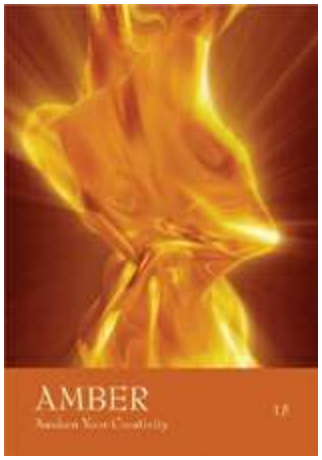
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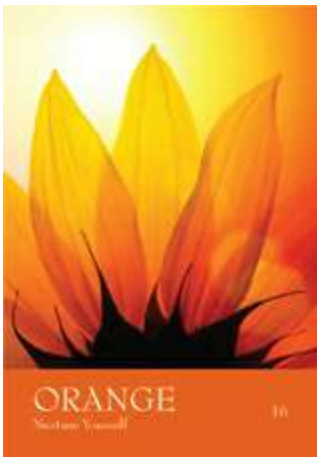
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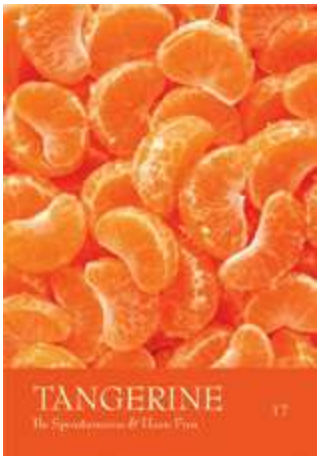
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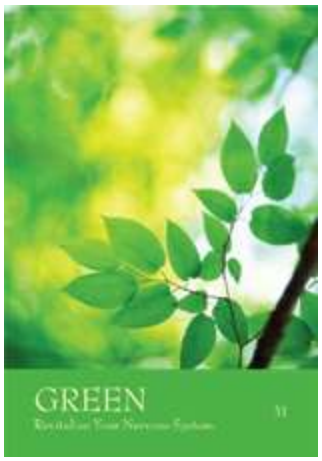
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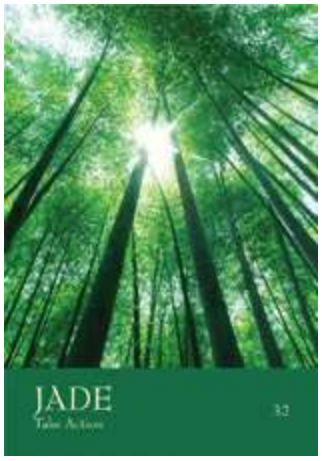
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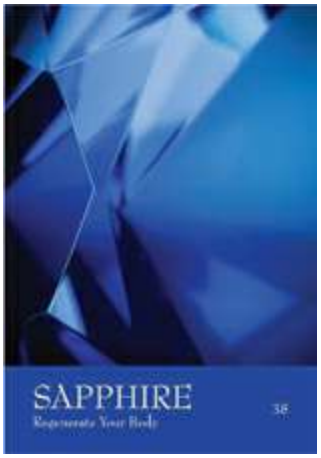

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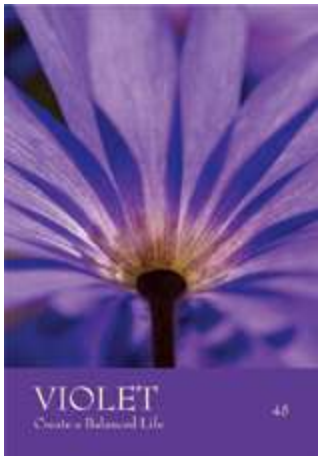

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Create a Balanced Life

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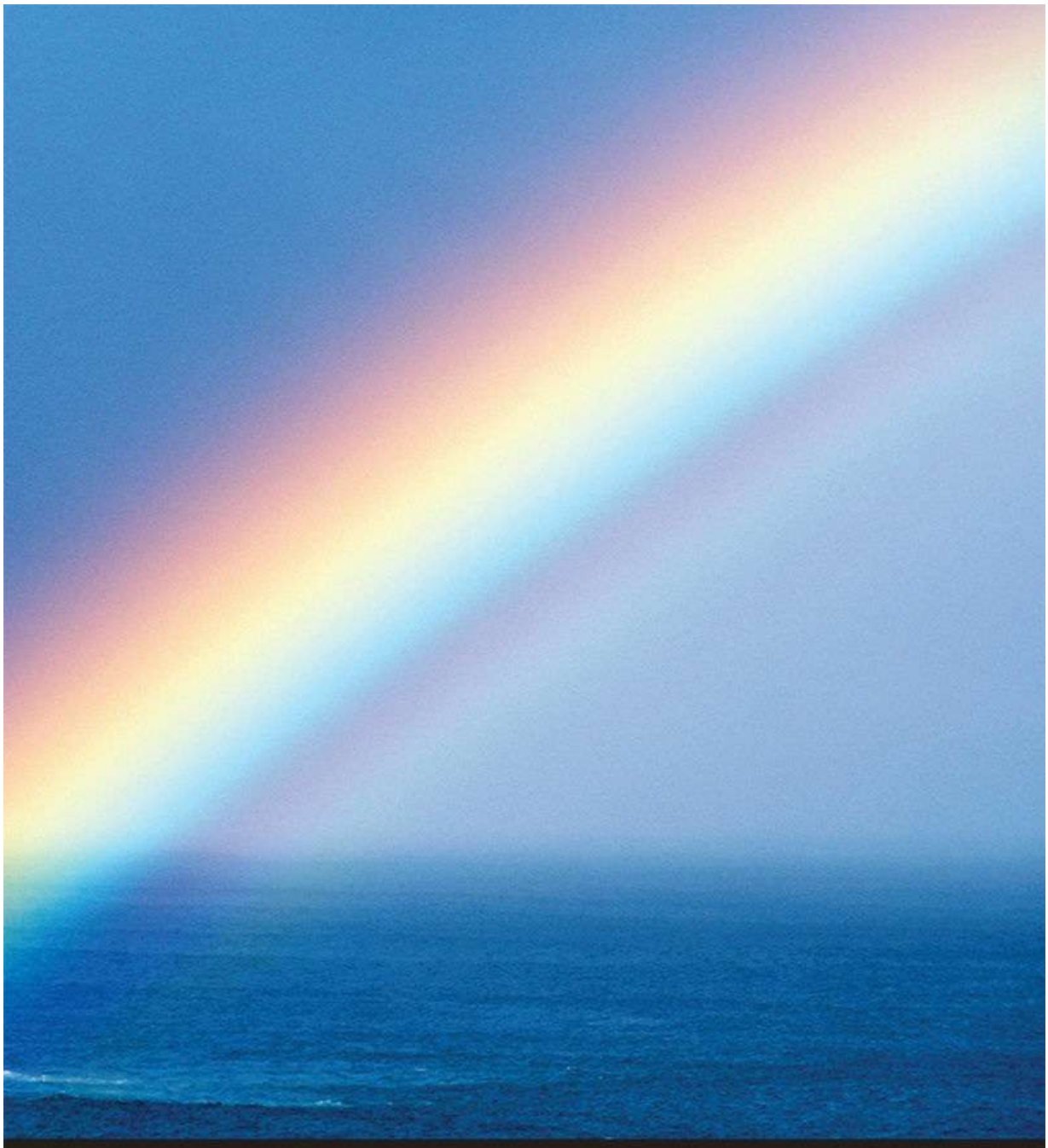


RAINBOW

Connect to Spirit in Nature

1

1. Rainbow

Connect to Spirit in Nature

Rainbow ray is a combination of many colors together, making it a very powerful and regenerating energy to work with. Rainbow allows you to lighten up, and feel happier and more alive. It also opens the mystical realm, connecting you to Spirit, fairies, angels, and your creativity.

Allow Rainbow rays to lead you into the realm of fairies.

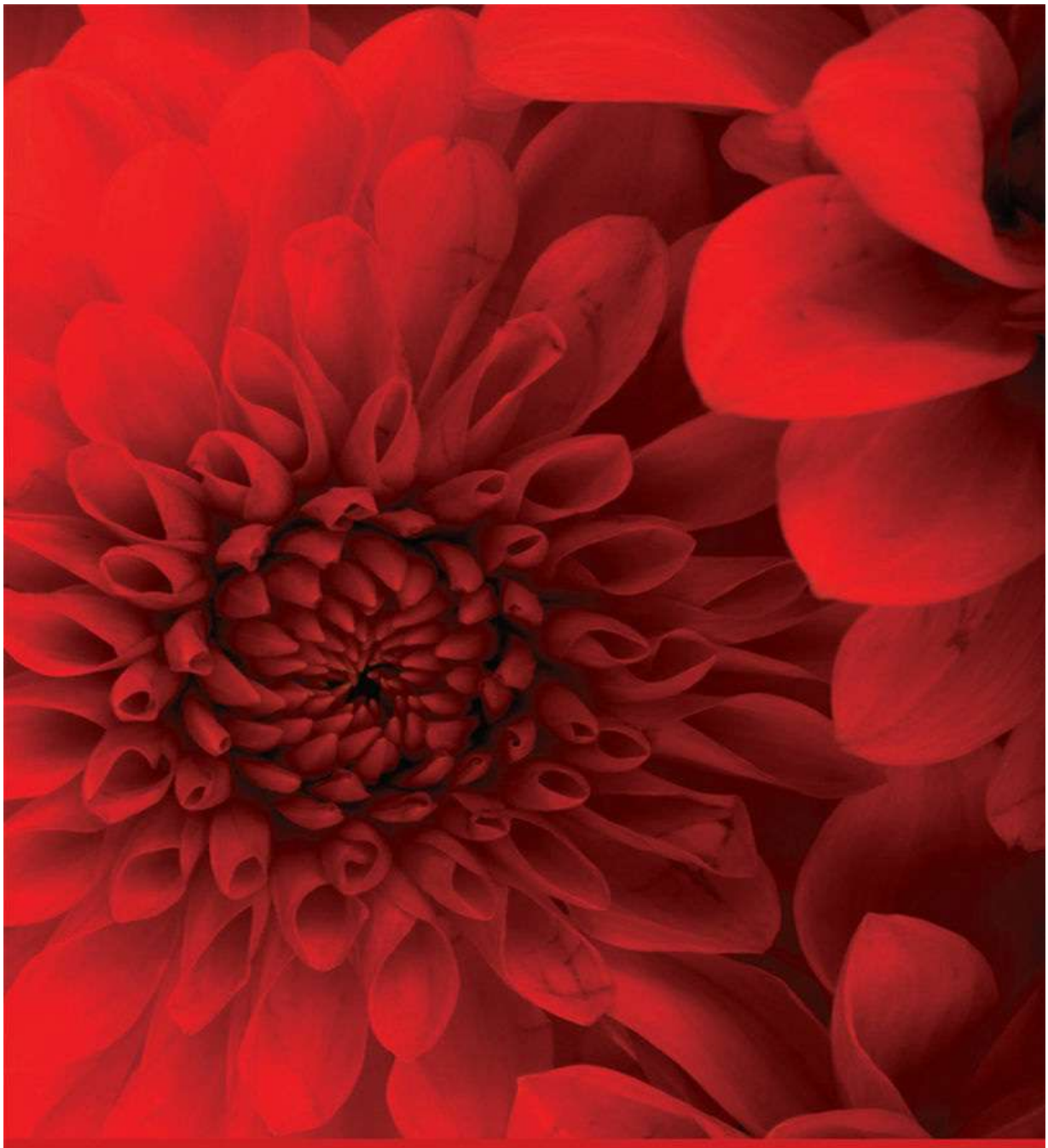
Connect to the Spirits of Nature

Go to a park, look around, and find a tree that attracts you. Stand still and focus within, feeling the tree's pull as it beckons you.

Walk over to the tree, and place your arms around it. Feel its connection to the Earth, to the other trees, to the world. Allow some of the tree's Divine energy to pour into your body, fill you up, and awaken your own Divinity. Walk around the park, smell the flowers, and listen to the birds singing. Smile as you take in the beauty of nature.

Visualize a Rainbow and allow it to bathe your body, strengthening your connection to nature and the Divine. Then ask the Rainbow rays to connect you to the fairy nature kingdom. (You may start to notice sparkling lights around the flowers.) Talk to the fairies and ask them to help you in any areas of your life where you need assistance, as they are great at manifesting.

Say: "Divine Intelligence, please allow me to connect to the fairy kingdom to awaken my vitality, aliveness, and Divinity."



RED

Free Yourself from Pain

2

2. Red

Free Yourself from Pain

Red contains unlimited energy, vitality, and power, and draws money and prosperity into your life. It is a powerful agent for healing blood disorders, improving circulation, healing diseases, drying up sores or wounds, warming cold areas of your body, and reducing pain. And because Red releases adrenaline to stimulate mental and physical energy, Red can relieve depression.

Use a Red sword of light to heal on all levels.

Free from Pain

Imagine you have a Red sword of light. At the tip of the sword, there is a Red star, which has incredible healing power. When the star touches anything sick, it dissolves the sickness right out of your body. Visualize touching different parts of your body that need healing with the Red sword.

Say: “Divine Intelligence, move your healing light through my mind and body so I can return to a state of vibrant health.”

WATERMELON

Have Fun with Your Inner Child

3

3. Watermelon

Have Fun with Your Inner Child

Watermelon is a color of softness, gentleness, and compassion that encourages affection, self-acceptance, and kindness. Its spirit of fun and easy access to your inner child assists people who suffer from low self-esteem, loneliness, and sadness. Watermelon also encourages generosity, healing, and understanding.

Allow Watermelon rays to awaken your joyous, playful nature.

Find Your Inner Child

It's time to nourish and nurture your inner child. What exciting things can you do today that will make you laugh and enjoy yourself? Your inner child needs to have fun and play to feel healthy.

Close your eyes and visualize yourself as a small child. Ask this small child, "What would be fun for you to do today?" The child may say, "I want to go out and throw a ball in the park." He or she may want to play a game, eat ice cream, or buy a toy. Listen and follow.

Before you go to sleep, visualize this child surrounded in a soft Watermelon color as it rests peacefully.

Say: "Divine Intelligence, please assist me to connect to my fun, easygoing, enthusiastic nature so that I can spread joy and laughter wherever I go."

PINK

Let Love In

4

4. Pink

Let Love In

Pink is the energy of unconditional love, opening your heart and helping to heal heart problems. It assists with releasing emotional challenges and brings tranquility. Pink also helps with insomnia and the manifestation of dreams.

Open your heart with delicate Pink colors.

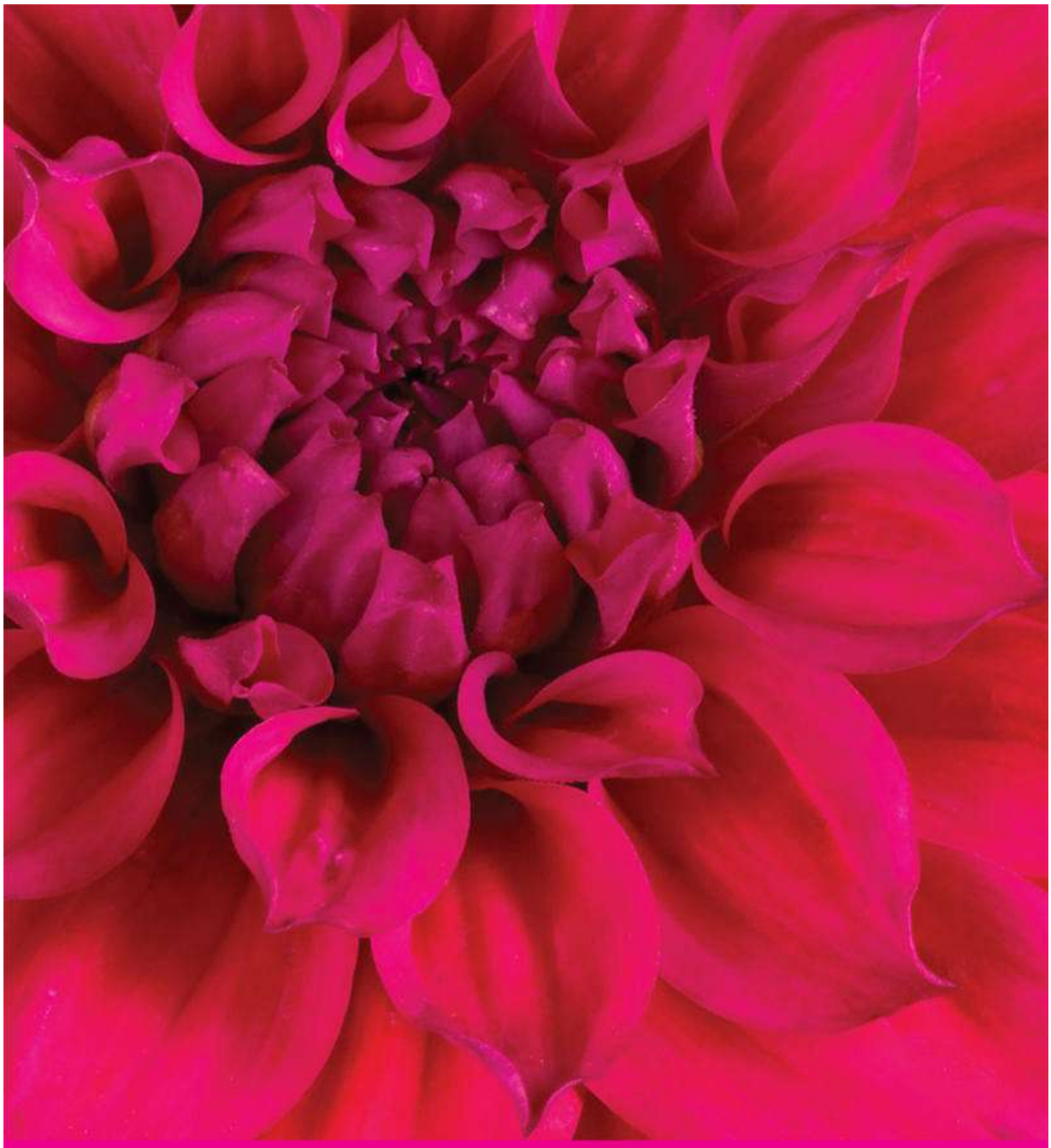
Love

Become aware of any tension in your body. Take in a deep breath and allow your body to soften. Focus on letting go of any hardness or density.

Close your eyes and imagine you are holding the most beautiful Pink flower. Breathe in its sweet scent, inviting its beauty and delicateness to open your heart. Then imagine Pink light from the flower flowing into your heart and filling it up with unconditional love.

Now, think of someone you love, and allow the love you feel to pour from your heart into his or hers. Savor that feeling of love and connectedness.

Say: “Divine Love, pour your healing light into my heart, softening it, purifying it and rejuvenating it so that it is shiny, loving, and full of enthusiasm.”



MAGENTA

5

Connect to Your Deepest Inner Knowing

5. Magenta

Connect to Your Deepest Inner Knowing

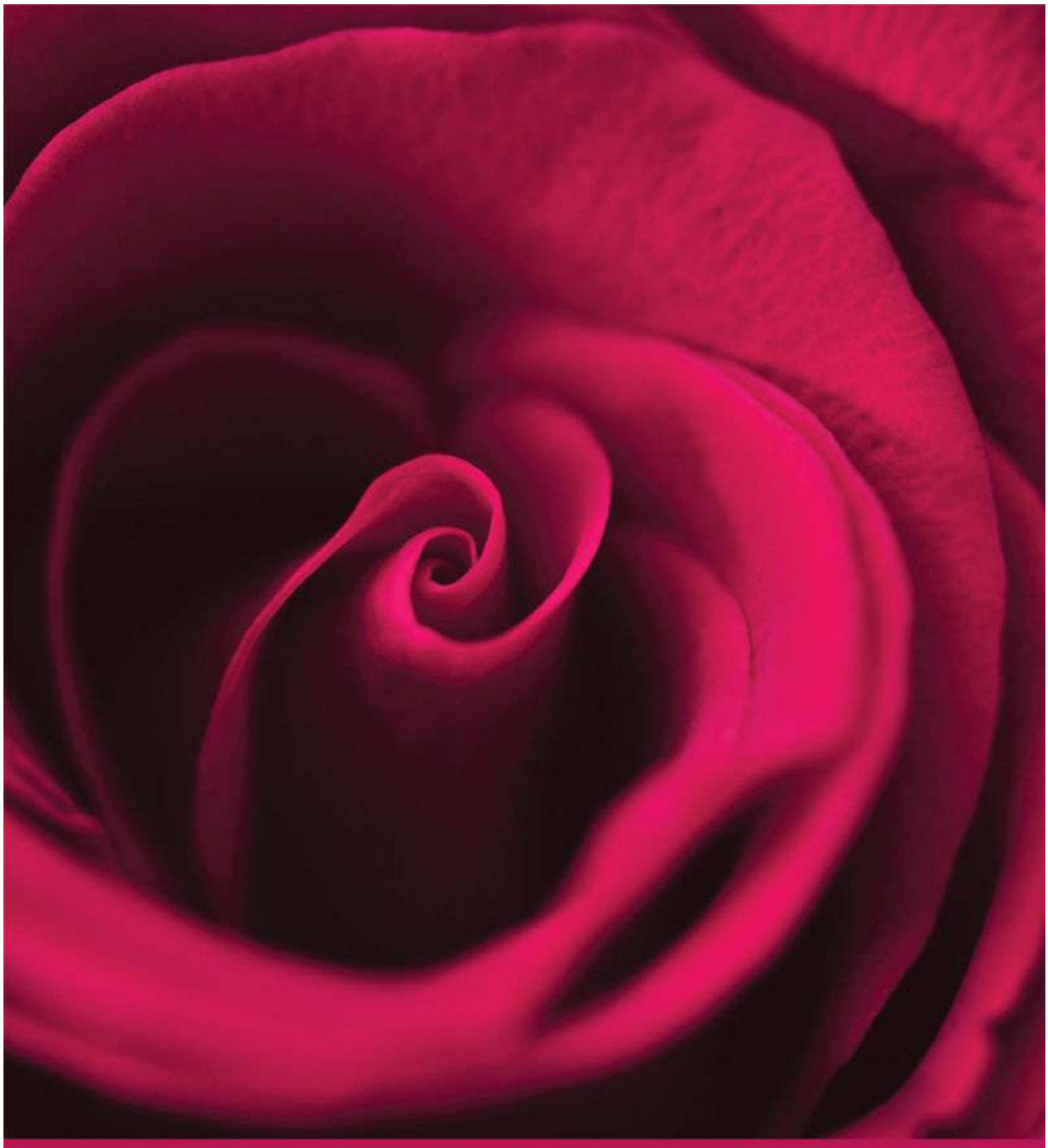
Magenta is the color of your deepest inner knowing, inspiring truth, clarity, and faith. Magenta also awakens your enthusiasm for life, connecting you to the higher realm of spirituality and assisting you with your journey of self-discovery.

Meditate on Magenta to connect to your deeper wisdom.

Divine Wisdom

Divine Wisdom is always available to you. For the next seven days, before you go to sleep, ask a question of your Higher Self; this is a part of you that has incredible knowledge, wisdom, and compassion. After this, meditate on the color Magenta for a few minutes. Allow the answer to float into your mind. If you don't receive it the first time you try, persevere.

Say: "Divine Intelligence, please connect me to my Higher Self so I can receive the wisdom and guidance that can bring me to joy, love, and abundance."



ROSE

Attract a Relationship

6

6. Rose

Attract a Relationship

Rose is a color of romance, deep love, and affection that assists with opening the heart and attracting a healthy relationship into your life. It can help you if you have low self-esteem, loneliness, and sadness, and Rose is also great for releasing worry and stress.

Attracting Love

The color Rose helps to attract love into one's life. Today, wear a rose-colored top, shirt, or a hat, focusing on this ray and allowing yourself to be playful and have fun. Different shades of Pink, especially Rose, awaken your heart and allow you to be open to other people.

Use a Pink pen to write down all the things you love about yourself. As you become aware of your value, so will other people. Write down all the people you love in your life, and let the love energy build. Allow yourself to feel grateful for all of these wonderful people. The more love you feel, the easier it is to attract more of it.

If you are looking for a relationship, write down all the qualities you would like in a person. Then close your eyes and imagine placing your list into a Rose bubble. Observe as it floats out into the universe, looking for your perfect mate. Now all you have to do is be open for this wonderful new person to come into your life.

Say: "Divine Intelligence, I am open to attracting wonderful people with open minds and loving hearts into my life."

SCARLET

Attract Success

7

7. Scarlet

Attract Success

Scarlet is a color of passion, success, and vitality that is known for its power, strength, and dynamism. It stands out and demands to be noticed. A color of victory, Scarlet allows you to confidently achieve your dreams.

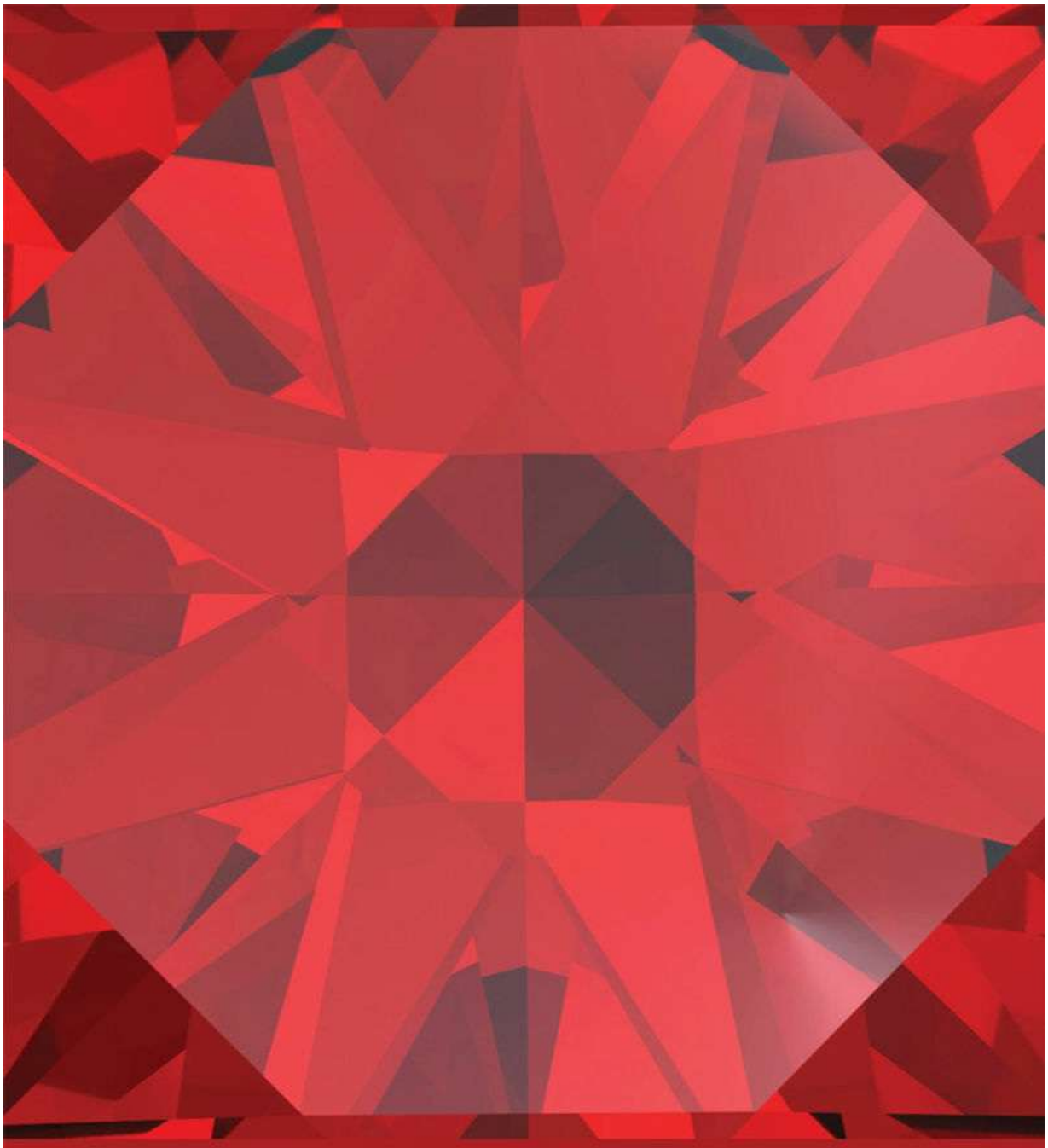
Realize your dreams with the power of Scarlet.

Success

To attract great opportunities into your life, imagine soaking your feet in Scarlet liquid. Then put Scarlet socks on your feet, and imagine there are ten steps to your success in front of you.

As you take each step toward your success, breathe in the Scarlet energy of power, success, and confidence. Imagine getting closer to your goal with every step, until you feel like you have the success you desire.

Say: “Divine Spirit, please infuse me with the energy of persistence, confidence, and success.”



RUBY

Rejuvenate Your Body

8

8. Ruby

Rejuvenate Your Body

Ruby is a color of dynamism, rejuvenation, and strength, increasing your stamina and filling you up with energy and an enthusiasm for life. It is a color for prosperity, courage, achievement, and motivation. Ruby also encourages shy people to come out of their shell by building confidence.

Use Ruby light to feel truly alive and dynamic.

Rejuvenation

Shake your right hand for thirty seconds, then rest it for fifteen seconds. Shake your left hand for thirty seconds then rest it for fifteen seconds. Then shake your whole body for thirty seconds and rest for it for fifteen seconds. Repeat these three steps three times. Now rub the palms of your hands together for forty seconds. This exercise helps to warm, awaken, and rejuvenate your body.

Visualize Ruby light moving through your body, cleansing your blood and stimulating your energy. Become aware of what it is like to feel truly alive. You might even decide to wear a Ruby pendant or to hold a Ruby crystal to strengthen your body and motivate you for success.

Say: “Divine Healing Intelligence, please release all pain, stress, and tiredness, and infuse my body with healing, rejuvenating, revitalizing energy.”

CHERRY

Live an Extraordinary Life

9

9. Cherry

Live an Extraordinary Life

Cherry raises your self-esteem and brings sweetness, happiness, and wisdom into your life. It can open your heart and allow you to listen to your heart's desires. A deep, full color, Cherry encourages you to live your life to the max, acting as a magnet that attracts incredible people, opportunities, and abundance into your life.

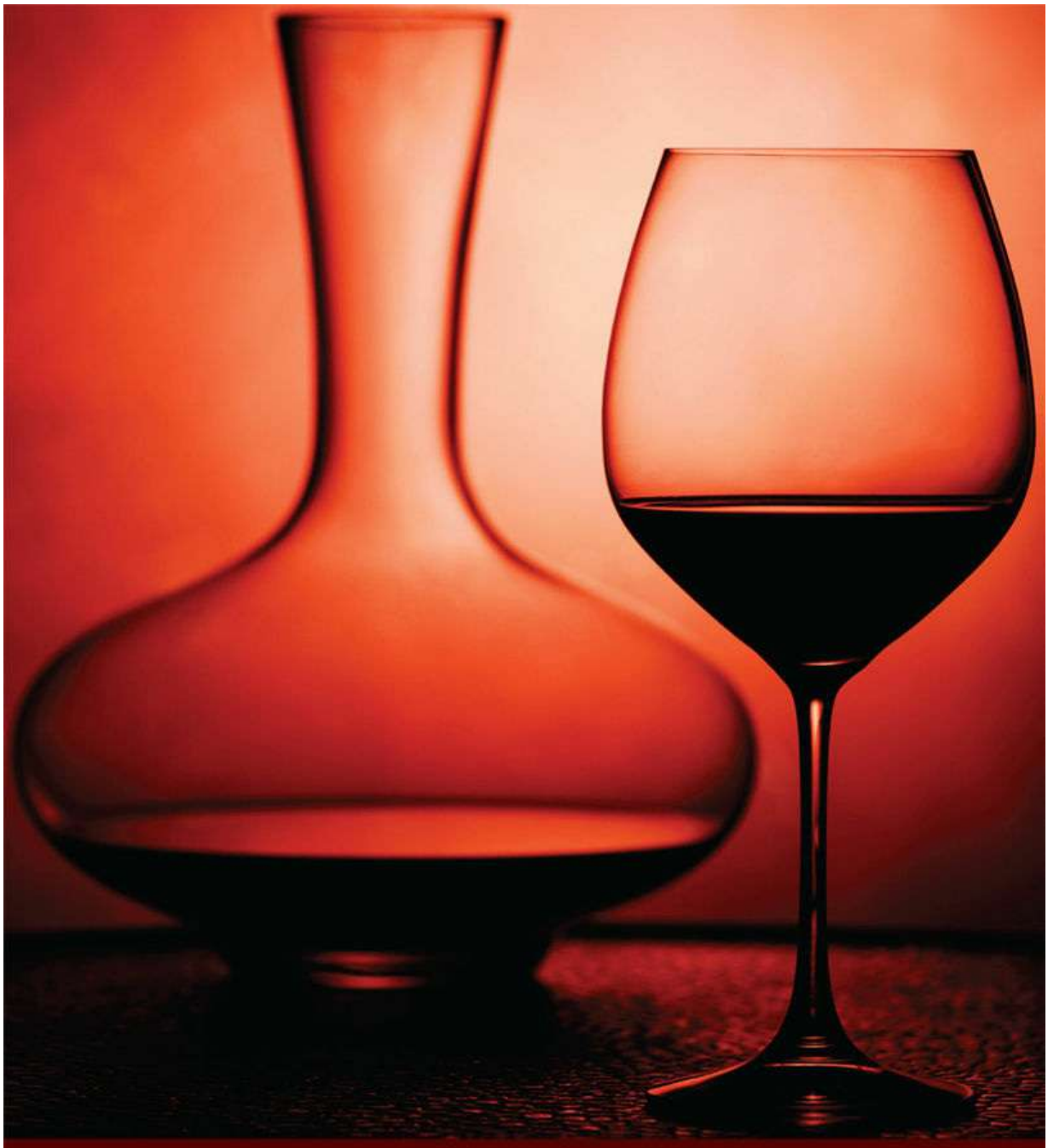
Eat some cherries and transform yourself from ordinary to extraordinary.

Be Extraordinary

To be alive is amazing; to live life to the max is extraordinary.

Today, buy some cherries, taste their sweetness, and make a list of ten extraordinary things you would like to do in the next year. Make a commitment to living an extraordinary life. After all, what is the worst thing that can happen if you give things a go? You can say you might fail. But if you have not tried, then you have already failed. The truth is that if you follow your dreams, you can only succeed; when you take a chance, you learn, grow, and expand. Give yourself permission to explore and go on an incredible adventure. Today is the day to start.

Say: "Divine Intelligence, please give me the courage to become extraordinary and to make my dreams and desires a reality."



BURGUNDY

Awaken Your Passion

10

10. Burgundy

Awaken Your Passion

Burgundy connects you to your passion, vibrancy, and enthusiasm for life. It leads you to your life purpose and makes your dreams a reality. Burgundy also energizes you whenever you are feeling down, showing you your path when you feel lost.

Awaken your passion with Burgundy.

Passion

When you are passionate about something, your intuition, heart, and soul awaken. You start to experience clarity and purpose in your life.

Spend some time connecting to your passion. Write down all the things you love or would love to do, feel, and experience. Wear something Burgundy close to your heart or create a special bracelet for yourself that you can wear often—to remind you of your passion.

You can also make or purchase a picture of a Burgundy circle. Every day, spend five minutes meditating on this circle, awakening your zest for life.

Energize yourself by taking deep, connected breaths as you focus your attention on the color Burgundy.

Say: “Divine Intelligence, please allow me to awaken my intuition, passion, and love for life so that I can fulfill my extraordinary potential.”

AUBURN

Ground Yourself

11

11. Auburn

Ground Yourself

Auburn is a fantastic color for grounding yourself and providing access to Universal Intelligence. Regeneration, increased concentration, and a higher level of patience, stability, and practicality are all among Auburn's gifts.

Ground yourself in the now with Auburn rays of light.

Grounding

Imagine that your feet are magnetized to the Earth and its rich colors.

Place your bare feet on the ground outside, breathe deeply, and feel the energy and healing power of the Earth. Visualize Auburn's rays moving through your body and into the Earth. Feel how the rays ground you in the present moment. Enjoy the feeling of connectedness, allowing Auburn to regenerate your body.

Say: "Divine Spirit, connect me to your infinite power and intelligence. Allow me to walk my true path of wisdom, peace, and joy."

BROWN

Establish Boundaries

12

12. Brown

Establish Boundaries

Brown is a color of earthiness—a direct conduit to nature, animal wisdom, and Universal Wisdom that creates healthy boundaries and attains a balanced perspective. Connect to nature's healing properties and revive your energy and creativity with Brown.

Use the Brown ray to deepen your connection to the Earth and create healthy boundaries.

Boundaries

Go outside, find a stick, and draw a circle on the ground. Stand inside the circle; breathe in some fresh air. Allow the Brown rays to connect you to the Earth.

Say: "Divine Light, I choose to create new boundaries for myself and others. I choose to listen to my own guidance and follow it; to respect myself, value myself, and love myself."

Then state how you would like to be treated by others, and only leave the circle when you feel clear about your boundaries.

CHOCOLATE

13

Nourish Your Body & Soul

13. Chocolate

Nourish Your Body & Soul

Chocolate is a mixture of brown and black that links us to the Earth, providing healthy boundaries and encouraging structure. It accesses your shadow side to offer deeper insights and growth, and also provides you with nourishment and resilience.

Nourish your body and soul with Chocolate.

Nourishment

Today, make yourself a cup of hot chocolate and sip it slowly. Allow the warmth and sweetness to nourish your body and soul. What does this nourishment mean to you? How can you nourish and nurture yourself more? Get some paper and a pen, put your feet up, and allow your creativity to flow. Write down ten nourishing things you can do for yourself in the next week, and do them.

Say: “Divine Intelligence, please awaken the sweetness and soulfulness inside me so I can truly nourish and love myself.”

BRONZE

Strengthen Your Body

14

14. Bronze
Strengthen Your Body

Bronze inspires strength, wisdom, and love, helping you to get promotions, bringing wealth into your life, and attracting the right people into your business. Bronze also aids in successful negotiations, teaching people to trust their instincts. Use Bronze to break destructive emotional patterns, release irrational fears and anxieties, and flush toxic thoughts and feelings out of your body.

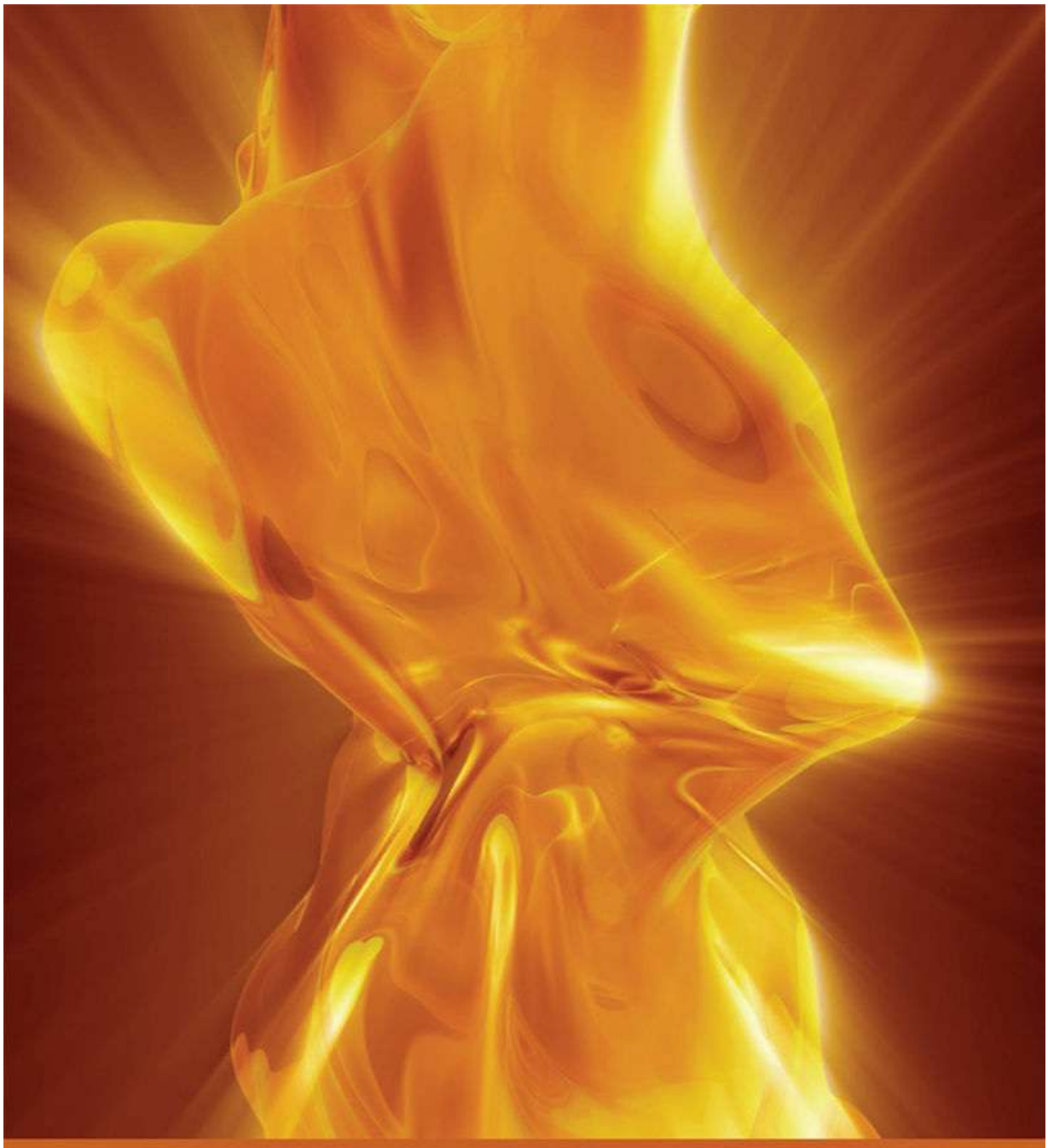
Allow the Bronze ray to bring strength and vitality back to your body.

Strengthen Yourself

Focus on any part of your body that needs to be strengthened, and place your hands on this part of your body. Breathe into it and visualize a Bronze thread coiling around that part of your body, stitching it together and strengthening it.

Say: “Divine Spirit, surround me with the Bronze ray of light which will heal, strengthen, and rejuvenate my body. Thank you.”

Then imagine a Bronze ray of light bathing the system of your body that relates to the body part you are working on, until it looks clear, clean, and vibrant. Picture that part of your body being strong and healthy.



AMBER

Awaken Your Creativity

15

15. Amber

Awaken Your Creativity

Amber is a fantastic color for increasing your creativity and strengthening your manifestation abilities. It generates deeper bonds in relationships and teaches you how to give and receive affection. Warmth, optimism, courage, and spontaneity are among Amber's many gifts.

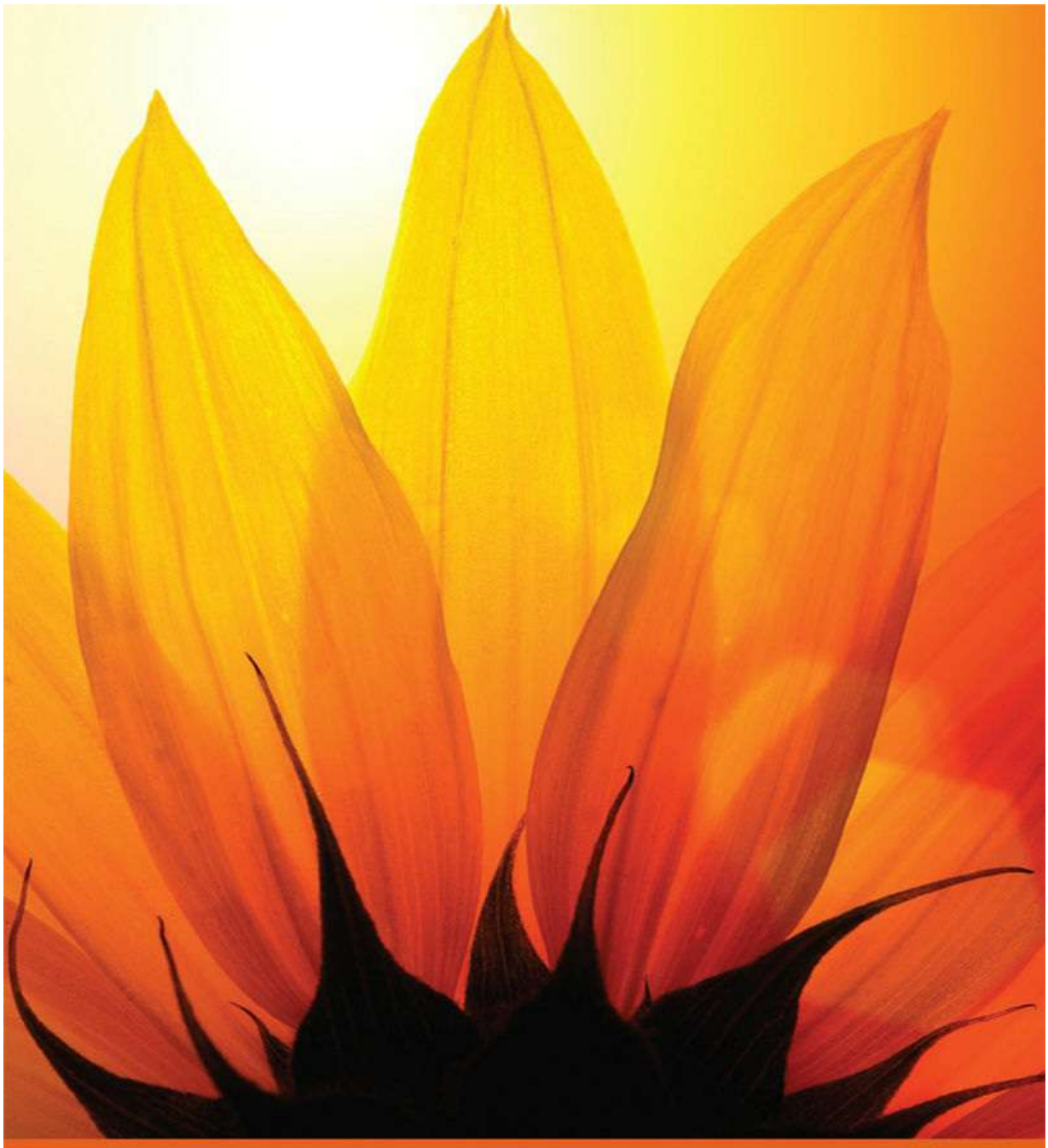
Wear Amber to awaken your creative talents and abilities.

Creativity

Hold a piece of Amber or wear an Amber pendant to remind you of your fun, creative, uninhibited self.

Think of five adventurous things you would love to do. Pick the one that appeals to you the most and do it today. This could be singing, dancing, painting, writing, or creating something. Give yourself permission to be playful, childlike, and joyous.

Say: "Infinite Intelligence, awaken my creative talents and abilities, freeing me to participate in amazing and fun experiences."



ORANGE

Nurture Yourself

16

16. Orange

Nurture Yourself

Orange helps to heal digestive ailments as well as chest and kidney disorders. It also assists with the treatment of asthma, fear, loneliness, spasms, tension, inflammation, colds, and depression. Improve your immunity, vitality, and stamina, and awaken your sexual and creative energy with Orange.

Allow Orange rays to increase your happiness and confidence.

Nurture

Picture yourself floating in a bath of warm, soft, Orange liquid, your muscles, mind, and body totally relaxed. Let the Orange liquid penetrate your lungs and respiratory system to clear away all toxicity, tension, and fear, and replace them with feelings of resilience, happiness, and confidence.

Say: “I am a beautiful, Divine being who deserves to be nurtured and supported. I am now willing to receive care, gentleness, and kindness from others.”

TANGERINE

17

Be Spontaneous & Have Fun

17. Tangerine

Be Spontaneous & Have Fun

Tangerine is a color of vibrancy, creativity, zest for life, and vitality. It has the capacity to awaken your sexual and creative energies and symbolizes warmth, richness, courage, and spontaneity. Inner knowing, action, confidence, and determination are the properties of Tangerine.

Activate Tangerine energy and unleash your wild self.

Spontaneity

Experiment with Tangerine to awaken your creative juices. What have you always wanted to do but never had the courage to do? Before doubt sets in, let go of control and give yourself permission to do something wild and spontaneous. Allow your inner child to come out to play.

Rub your hands together for a minute, then place them slightly apart. Visualize Tangerine rays of light shining out of your hands as you place them above your solar plexus, heart, and head for one minute each, allowing the Tangerine ray to activate your fun, spontaneous, adventurous self. Start living an extraordinary life today.

Say: “Infinite Intelligence now awakens my creative, spontaneous, adventurous self. I am ready to allow fun and laughter into my life.”

CORAL

18

Allow Flow & Synchronicity into Your Life

18. Coral

Allow Flow & Synchronicity into Your Life

Coral restores physical vitality with its grounding properties, releasing stress, worry, and anxiety. See things from different points of view with Coral, and heal a broken heart and unrequited love. Coral also helps bring synchronicity and flow into your life.

Visualize crossing a Coral bridge to bring more synchronicity and ease into your life.

Synchronicity

Imagine Coral rays shining out of your heart, allowing more flow and synchronicity in your life. See or sense yourself stepping on the Coral road that leads you onto the right path. In this vibration, things happen easily in synchronistic ways.

Say: “My life is easy and full of synchronicity. I follow the most Divine path for me.”

Any time you have to make a new decision and need some extra help, visualize stepping on the Coral path.

PEACH

Inhale a Breath of Life

19

19. Peach

Inhale a Breath of Life

Peach releases stress and tension from your body, softening all hardness and dissolving any density, especially in the lungs and chest. It also brings gentleness, kindness, and friendliness into your life, opening you to new possibilities and assisting you to attract prosperity.

Allow Peach-colored sparks to cleanse away any stuckness and rejuvenate your lungs.

Breath of Life

Rub your hands together, then move them slightly apart. Focus on the tingling energy that is moving through your hands, imagining sparks of Peach coming out of them.

Place your hands on your chest, and allow these Peach-colored sparks to penetrate your chest and lungs, awakening any stuck energy and releasing stagnation. After a few minutes, hold your right hand above your chest, moving it around in a clockwise direction. Do this for two minutes while focusing on taking slow, deep breaths.

As you breathe out, allow all the tension in your lungs and throat to release. When you breathe in, visualize vibrant, healing Peach rays regenerating your lungs.

Now focus on what you love in your life already and what you would love to experience more of. Visualize receiving this increase of joy in your life.

Say: “I am now able to fully embrace all the wonderful experiences my life has to offer with joy, ease, and love.”

APRICOT

Rejoice & Laugh

20

20. Apricot

Rejoice & Laugh

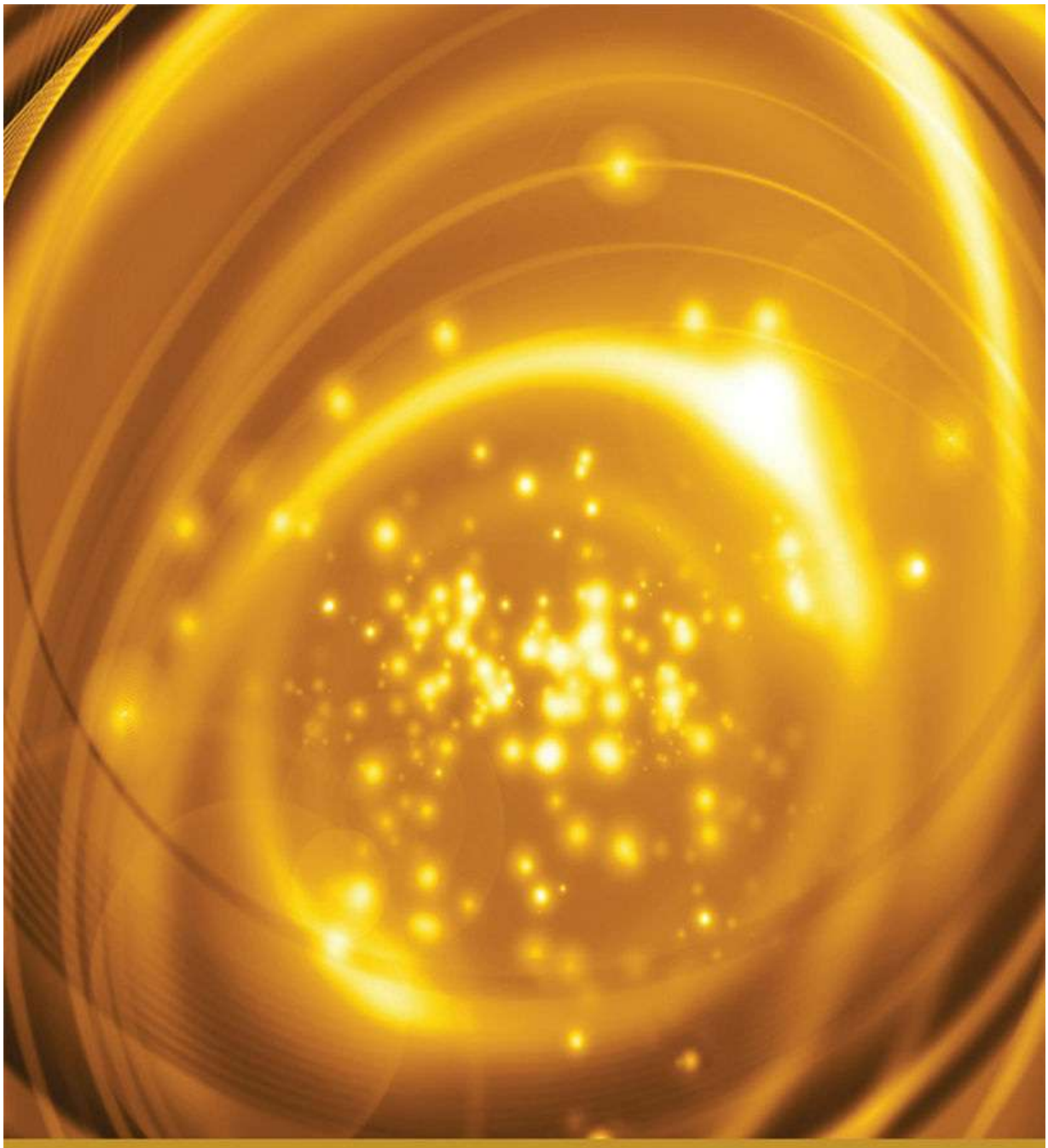
Apricot lightens any heavy or burdensome energy you may be carrying to bring enormous vitality, joy, and zest into your life. Apricot also releases irrational fears and anxieties; it is a color of creativity, fun, and intuition.

Meditate on the color Apricot to bring more joy and lightness into your life.

Joy

Today is a day for rejoicing. Remind yourself of all the golden times you have experienced in your life. Find five joyful moments in this day. Wear something that is Apricot or meditate on this color. Invite joy into your heart.

Say: “Divine Spirit, please awaken the joy, laughter, and spontaneity of my heart and soul.”



GOLD

Attract Abundance

21

21. Gold

Attract Abundance

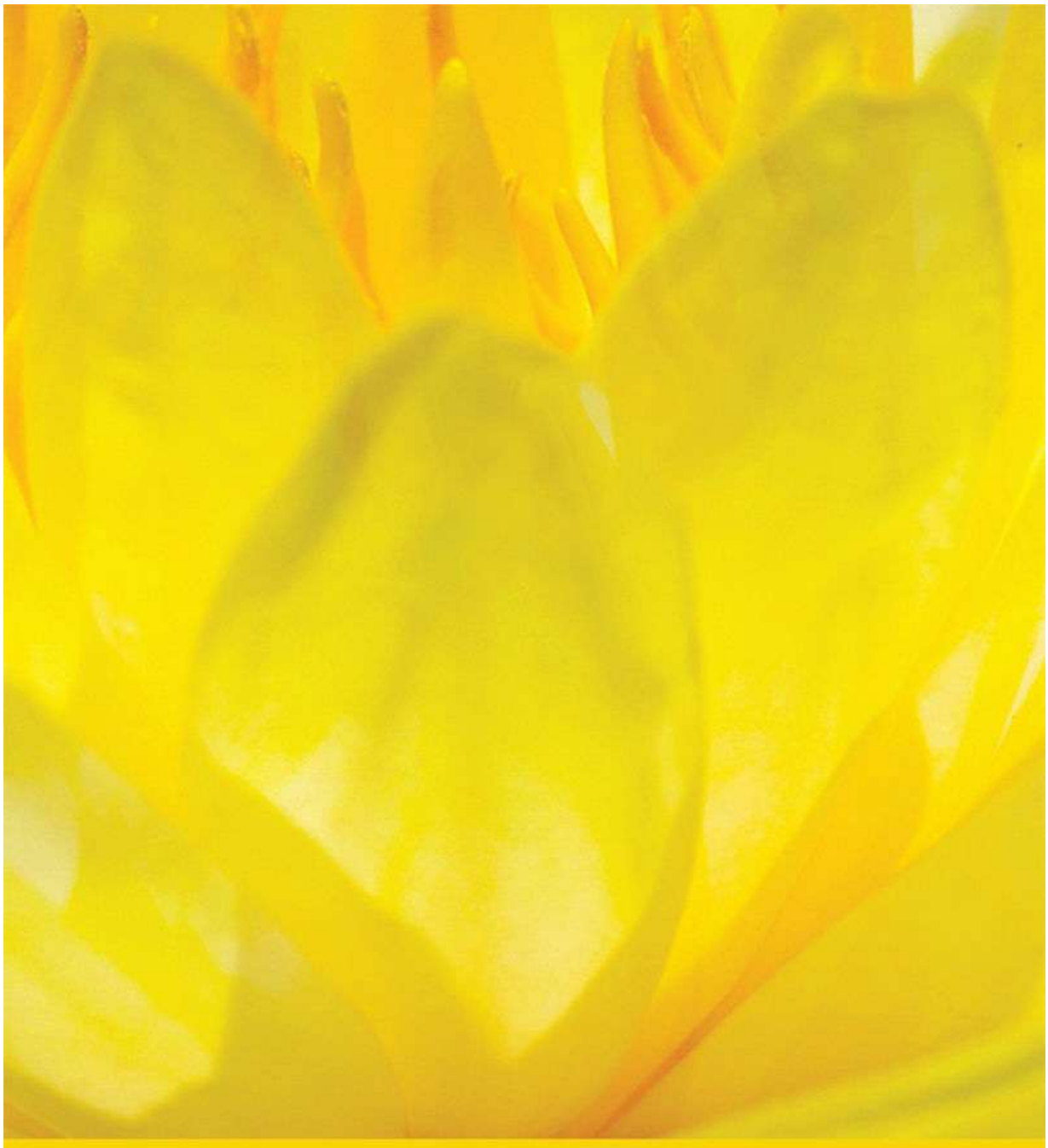
Gold provides clarity in decision making, attracting abundance, expanding awareness, and clearing the path to wisdom, knowledge, and joy. Strengthen all fields of the body and spirit with Gold, the strongest color for healing all illness, but use it wisely.

To attract abundance, focus on activating Golden energy in the palms of your hands.

Abundance

Hold a Gold coin in each of your palms, and focus on the gratitude for the abundance you already have. Close your eyes and bless the coins, imagining them multiplying into a mountain of abundance. Activate the Golden energy in the your palms by sending Golden light into them. When your hands begin to tingle, you'll know that, where appropriate, everything you touch can now turn to Gold.

Say: "Divine Spirit, open the well of abundance in my heart and attract continuous blessings into my life."



YELLOW

Purify Your Body

22

22. Yellow

Purify Your Body

Yellow assists with purification, treating diabetes and cleaning the intestines and bowels. Ease arthritis, release toxicity, and clear your skin with Yellow. As the color of intellect and mental stimulation, Yellow can also help you to think more quickly and clearly.

Purify your digestive system with Yellow rays of light.

Purification

Go outside. Spend a few minutes looking at and feeling the rays of the sun on your skin. Imagine bright Yellow sunlight moving through your whole digestive system, cleansing your intestines, pancreas, and bowels of all toxicity and waste. Sense the density dissolving and your organs becoming clean and healthy.

Pour some water into a Yellow glass and put it into the sunlight for half an hour. Then drink this water while focusing on purifying your body, mind, and heart.

Say: “I allow my mind and body to be cleansed, inside and out.”

LEMON

Access Innovative Thinking

23

23. Lemon

Access Innovative Thinking

Lemon is a color of warmth, inspiration, and intellect, fueling the brain so you think clearly, make empowering decisions, and boost your memory. This color is fantastic in assisting with study, learning, reading, and writing.

Think outside the box with Lemon rays of innovation.

Innovative Thinking

When you are ready to think outside the box, sit up straight, hold your head slightly up, open your hands, and relax your fingers.

Say: “Divine Intelligence, I call on the Lemon ray of innovation, creativity, and ideas to inspire me to see new aspects and ways of moving through the situation I am facing.”

Sense the Lemon ray touching your head and brain to activate new ways of thinking. Have some paper next to you to write down your new ideas. You may even hold a Lemon in your hands to take its creative energy into your body.

WHITE

Lighten Up

24

24. White

Lighten Up

White heals your body as a whole, clearing toxicity and assisting with purification. White also enhances clarity and understanding, and can be very helpful in healing skin problems. Bringing peace and comfort at the highest level, White represents integrity, light, holiness, truth and surrender.

Lighten up with White.

Lighten Up

The feeling of lightness is a magnificent experience; it encompasses innocence, purity, and joy. White brings this faith that you are completely loved, taken care of, and supported.

Close your eyes and imagine that you are standing on the biggest, most magnificent White crystal mountain. Inhale deeply, allowing the clear White light emanating from this mountain to purify, energize, and enlighten you. Visualize yourself letting go of all the unnecessary baggage that you dragged up the mountain with you. How does it feel to be free of this baggage? Experience the ease in your body and soul as you look out from the mountain.

Focus on circulating White light from the tips of your toes through your whole body. Feel your body softening and lightening up even more. You are getting ready to soar. Give yourself permission to soar!

Say: “I give myself permission to lighten up and experience ease in my body and soul.”

PEARL

Connect to the Divine

25

25. Pearl

Connect to the Divine

Pearl is a special shade of white that calms, purifies, and promotes faith. It allows you to flow with life and connect to your Divine nature. The color of personal integrity, truth, and loyalty, Pearl brings clarity, peace, and harmony into your life.

To strengthen your connection to the Divine, visualize Pearly light.

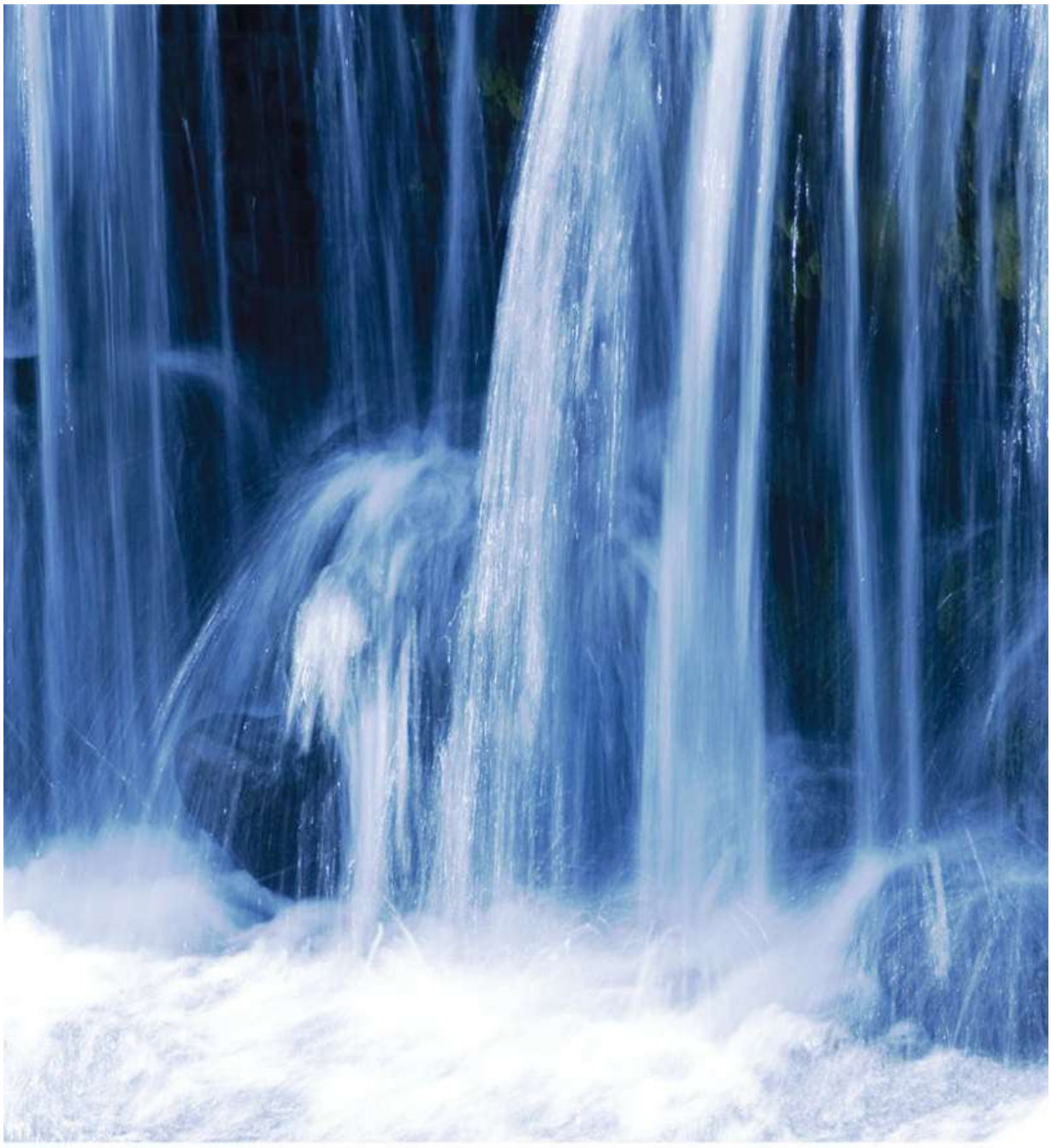
Connect to the Divine

Imagine a ladder made of Pearly light, and begin climbing this ladder in your mind's eye. With every step, allow yourself to breathe in more Pearly light, clearing your mind and releasing all density and heaviness in your body. Allow yourself to focus on purity, clarity, and the Divine connection between your body, mind, emotions, and soul.

When you feel like you are close to the Divine light, open your arms wide to receive it.

Say: "Divine Spirit, I ask you to surround me with your healing light. Please strengthen my connection to your Divine Love and Light."

Breathe in this light, and feel its fullness pouring into your soul until you feel whole. Then climb down the ladder knowing that you are loved, connected, and full of light.



BRILLIANCE

Discover Your Sparkle

26

26. Brilliance

Discover Your Sparkle

Brilliance brings about change and transformation; work with it when you want to wipe the slate clean and start anew. Brilliance also has the ability to assist with healing all health conditions, and is great for releasing any fear and anxiety. When you feel heavy or depressed, use Brilliance to recharge and bring back your sparkle.

Cleanse your body and soul to discover your Brilliance.

Discover Your Brilliance

Visualize standing under a sparkling, Brilliant waterfall. Allow all depression, fear, anger, and negativity to wash away with this powerful, Brilliant light. Let it cleanse every organ, part, and system in your body until you are sparkly clean and ready to start fresh.

Say: “Divine Intelligence, I am ready to recognize my own wisdom and allow my Brilliant ideas to manifest and inspire all those around me.”

SILVER

Be Persistent

27

27. Silver

Be Persistent

Silver is the color of peace and persistence, calming nervous tension, bringing serenity, and expanding awareness. Silver also strengthens the healing process through purification, releasing diseases and density from the body, and flushing toxicity from the blood and tissues. This includes healing the kidneys and balancing hormonal function, as well as bringing clarity. Silver is also great for protection and grounding.

Strengthen your intention and resolve with Silver rays of light.

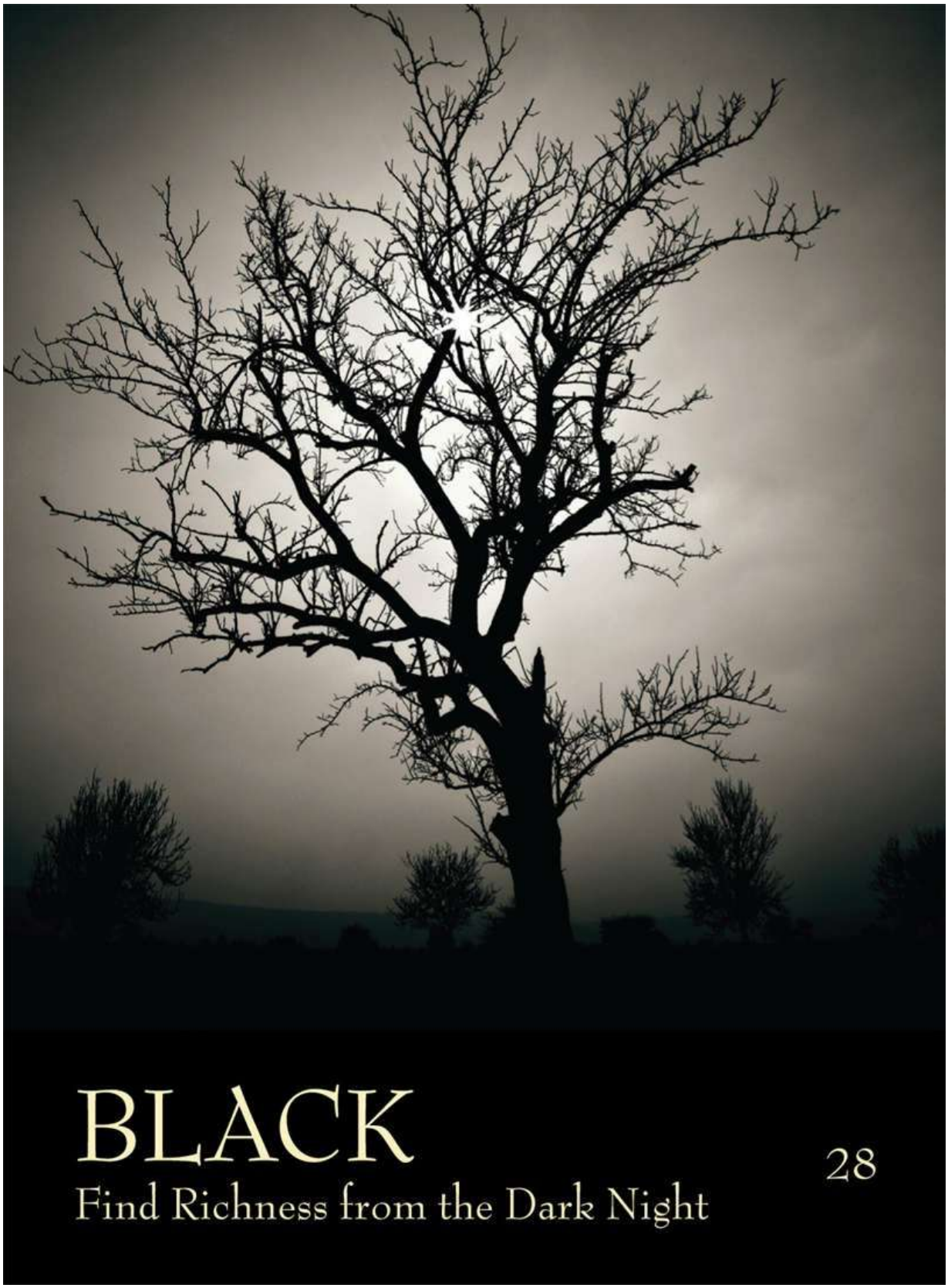
Persistence

Stand up straight, and focus on what you would like to achieve or experience. Imagine Silver rays of light intertwining themselves around you, strengthening your intention and resolve. Allow them to hold you up, taller and stronger.

Now imagine a Silver ray of light that bridges between your mind and your goal. For the next three days, focus on strengthening the Silver bridge until you feel that you are confident enough to walk over it. Receive what you want, and bring it back into the present. The more you feel like you already have it, the faster you will manifest it.

Remember, when you continually focus positive attention on a goal, it is impossible not to manifest it.

Say: “I am confident, clear, and persistent. Wonderful things now flow into my life at the perfect time.”



BLACK

Find Richness from the Dark Night

28

28. Black

Find Richness from the Dark Night

Black is a color of protection, strength, and retreat—a gateway to new experiences, and a test of strength and resolve. Many people experience the dark night of the soul in order to gain wisdom and emerge for the better on the other side. Black dissolves the old so you can welcome the new.

Receive Divine Wisdom and the gifts that have been buried deep inside you with the help of the Black ray.

Dark Night of the Soul

At some point in life, everybody experiences the dark night of the soul. Give yourself permission to connect to the Black ray so it can guide you to the gifts which lie in shadow. Visualize yourself in darkness and ask for Divine Wisdom to show you what you need to learn from the shadow. Receive its gifts to strengthen your faith.

Say: “Divine Spirit, infuse me with the strength, wisdom, and courage to connect to and learn from the shadow aspect of myself.”

GRAY

Learn to Scan Your Body

29

29. Gray

Learn to Scan Your Body

Gray identifies blockages in your body or aura, providing information about your mental, emotional, and physical state. Use Gray to give you an alternative point of view and provide you with strength when dealing with challenging situations that you feel are hopeless.

The Gray ray is a magnifying glass to blocked areas in your body.

Scan Your Body

Visualize or sense a Gray ray, then ask it to assist you with scanning your body for any dysfunctions. Use it to bring any blockages or stuckness in your body into your awareness. Close your eyes, place your attention inside your body, ask the Gray ray to circle any area that needs help, and bring that area into your conscious awareness. Become aware of any body part that looks or feels like it is Gray.

Once you've identified the blockages in your body, ask each part about the color that would be helpful in healing it. Then bathe it with that particular ray. Observe as Grayness leaves your body and is replaced by vibrant rays of color.

Say: "Divine Intelligence, please release all stuckness and limitation from my life so I can welcome freedom, creativity, and well-being."

EMERALD

Calm Your Mind, Body & Soul

30

30. Emerald

Calm Your Mind, Body & Soul

Emerald helps with overcoming fears, releasing frustration, and creating calm. Use this color to bring harmony to challenging situations, to dissolve aggression, and to mend a broken heart. Emerald also increases self-esteem, attracts abundance, and replenishes your energy.

Calm your mind, body, and soul with Emerald rays.

Calm

Go into a garden and take deep breaths of fresh air as you focus on the greenery all around you. Place your hands on the grass to feel the healing, calming energy it contains. Imagine what it would be like to be a blade of grass, growing without resistance. Breathe in its Emerald rays, allowing peace and calm to flow through you.

Say: “Divine Love, I rejoice in the wonder of nature. Every time I focus on the greenery around me, I feel calm, perfect balance and harmony.”

GREEN

Revitalize Your Nervous System

31

31. Green

Revitalize Your Nervous System

Green revitalizes your nervous system, heart, circulatory system, and liver, lowering blood pressure, and releasing frustration and anger. Meditation and healing are enhanced by Green, which also stimulates growth and is good for healing broken bones. Surround anyone who is unwell with Green.

Absorb Green rays to revitalize your nervous system and heart.

Revitalize

Focus on flooding your nervous system with Green rays of light. Direct the light throughout your whole spine before moving it into your heart. Then rotate this Green light around your heart until you feel your heart expand, relax, and fill up with vitality.

Say: “Divine Intelligence, please release all the pressure and stress from my heart and nervous system, and fill me up with your healing, revitalizing Green light.”

JADE

Take Action

32

32. Jade

Take Action

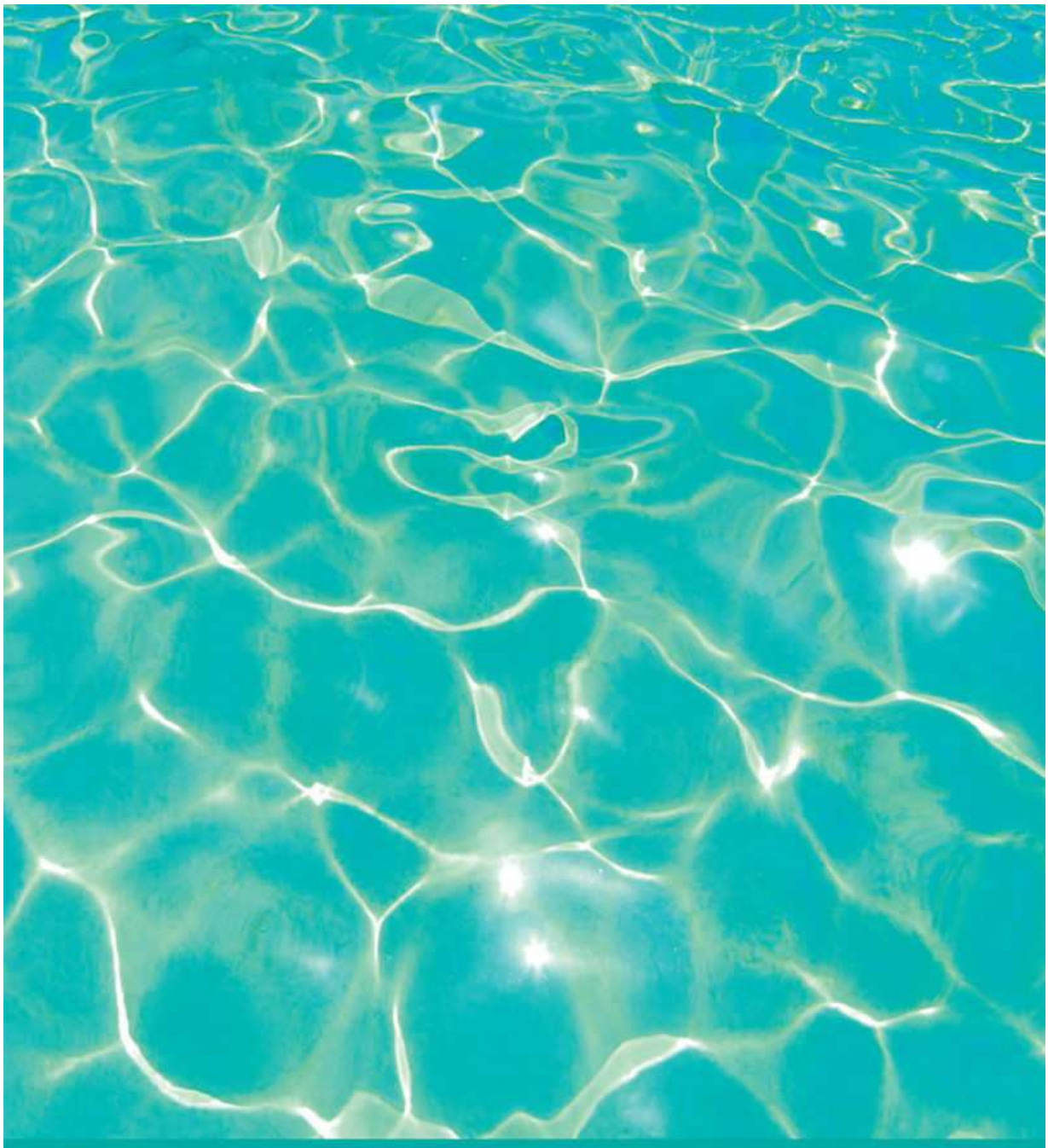
Jade is a color of serenity, tranquility, love, and nurturing. It creates balance, harmony, and self-sufficiency, releasing negativity from your mind and stimulating ideas, making what is complex seem simpler and doable. Jade is a cleansing color.

Allow Jade to help you take action and make your life easier.

Action

Whatever you have been putting off doing, just do it! Let go of any excuses and take action. Think of what you would love, and surround yourself and your desires with a Jade light.

Say: “I can do this. It’s easy. The universe supports my goals and dreams, and manifests them into physical reality.”



AQUA

Experience Peace & Calm

33

33. Aqua

Experience Peace & Calm

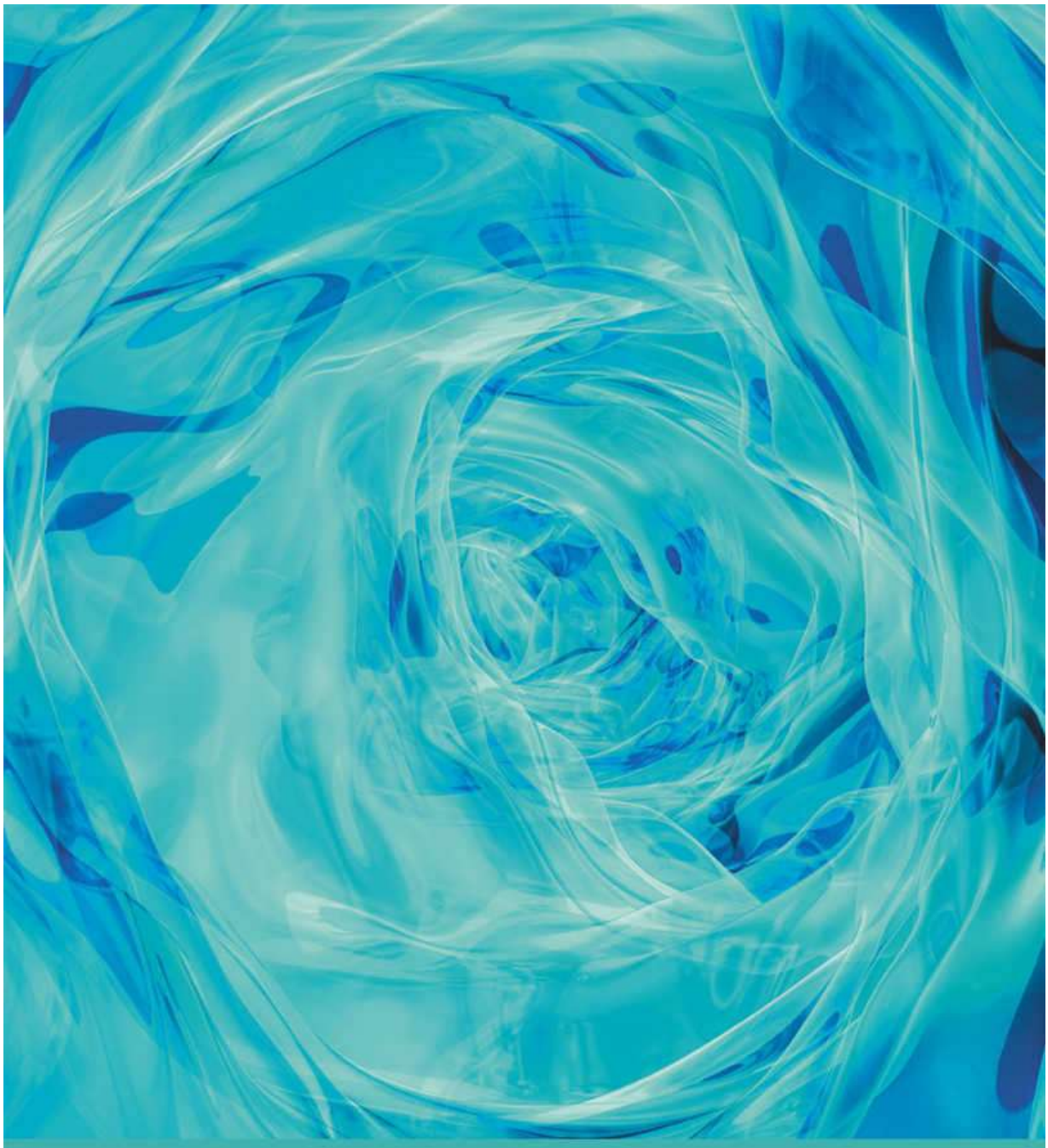
Aqua creates a state of serenity, tranquility, and peace by soothing your mind and calming your nerves. It is a great color to work with in meditation when you would like to experience inner stillness. It is also a color of patience, faith, acceptance, and coolness. Aqua dissolves your fears to increase your confidence and belief in yourself.

Calm your nervous system and soothe your mind by immersing yourself with Aqua rays of light.

Peace

Spend some time relaxing and focusing on your inner stillness. Imagine beautiful rays of Aqua light moving through your nervous system, calming, purifying, and creating a sense of peace.

Say: “Divine Spirit, infuse me with healing Aqua light, calm my nerves, and allow me to experience a sense of peace and tranquility.”



TURQUOISE

Awaken Your Empathy

34

34. Turquoise

Awaken Your Empathy

Turquoise inspires the use of communication with feelings, builds confidence in your abilities, connects you with your intuition, and awakens your empathy. Turquoise makes ancient wisdom available and provides a sense of connection to your inner mastery.

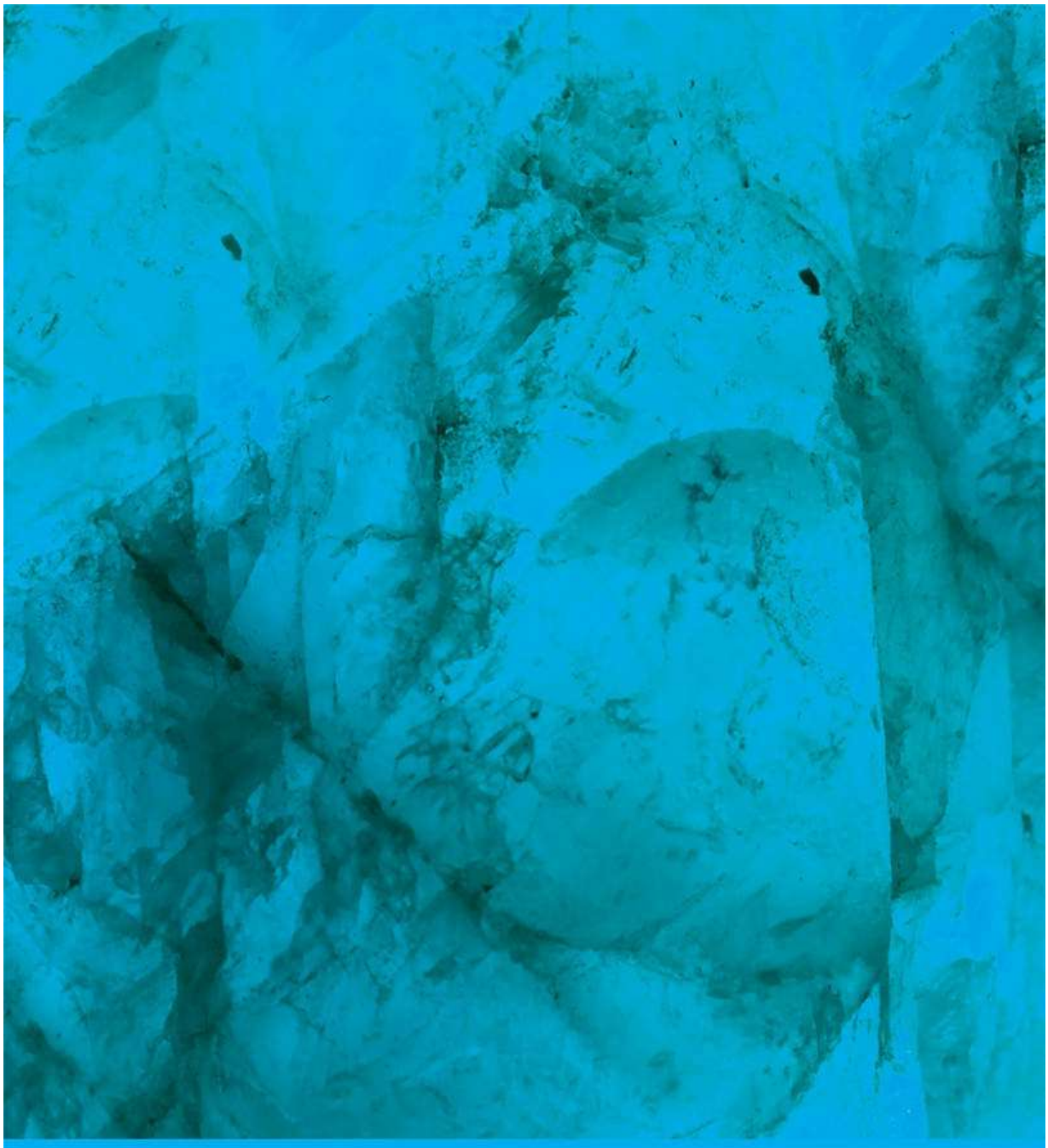
Hold something Turquoise to awaken your empathy for others.

Empathy

When you empathize with people, you let go of your judgments and place yourself in their shoes. Allow your spirit to soften and receive an opportunity to support, encourage, and inspire others.

Hold something Turquoise—a crystal, some fabric, a flower—to remind you of your ability to help others. Then tell someone who needs to hear it that you care about them. The biggest way to prevent diseases is to show others that they matter.

Say: “I can now place myself in other people’s shoes, and talk to them from a place of love and compassion.”



CYAN

Build Your Confidence

35

35. Cyan

Build Your Confidence

Cyan strengthens your confidence and belief in yourself, balancing the systems of your body and giving you clarity in times when you need to make choices. It also helps release stress to attain peace and relaxation, and can be very helpful in fine-tuning your communication abilities.

Build your confidence with the help of a Cyan circle.

Confidence

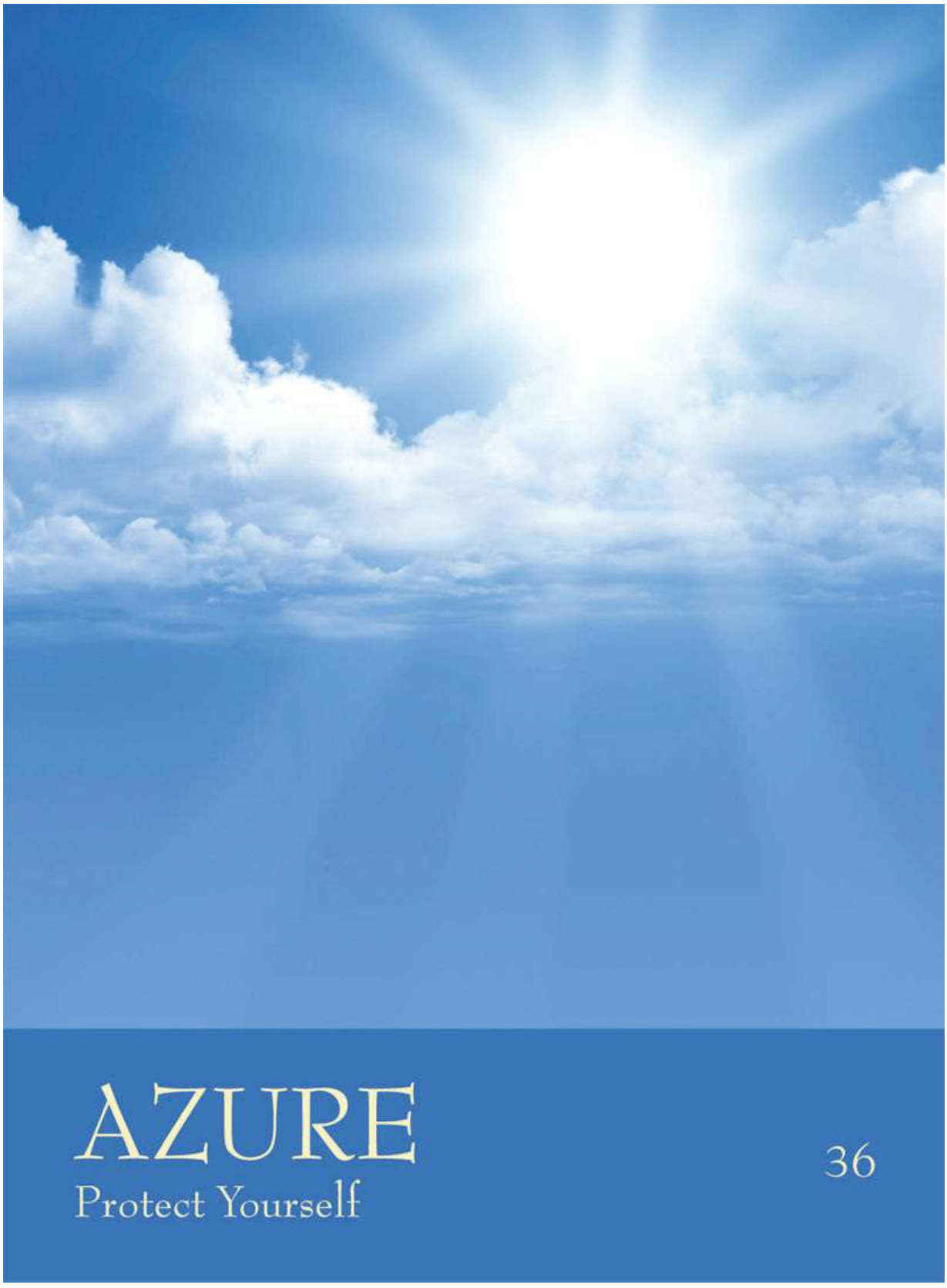
Close your eyes and take a slow, deep breath in. As you breathe out, allow yourself to completely let go of all the stress and tension in your body. Take in another slow breath and visualize a deep Cyan color filling your whole body. Then, as you breathe out, relax.

Imagine a big Cyan circle in front of you, focusing on the different qualities that make a person feel confident. They might be things like knowing what you are doing, feeling good about yourself, feeling happy, getting what you want, and so on.

Place all these qualities into the Cyan circle, and then visualize stepping into the circle yourself. Breathe in all of those qualities, allowing yourself to become more confident and empowered.

When you feel completely confident, clap your hands three times; say, “I now embrace my confidence, happiness, and clarity;” and walk out of the circle.

From now on, every time you need an extra boost, clap your hands together three times and breathe in confidence from your Cyan circle.



AZURE

Protect Yourself

36

36. Azure

Protect Yourself

Azure purifies your aura and strengthens your connection to the Divine, leading you to discover your truth and empowering you to make important life choices.

Immerse yourself with Azure rays to protect yourself from negative, dense energies and to find your center.

Protection

Breathe in Azure rays of light to feel safe and secure, imagining an Azure bubble of light that surrounds and protects you.

Say: “I ask Divine Healing Light to surround me with love, peace, and healing. Please bar any dense energy from entering my space and affecting me. Thank you.”

Do this for yourself and your loved ones whenever you would like some added protection.

BLUE

Activate Your Healing Power

37

37. Blue

Activate Your Healing Power

Blue activates healing powers, increases vitality, and has a calming effect when people feel nervous, manic, or overexcited. It also contains antiseptic qualities that heal burns, stop bleeding, and relieve fevers. Blue can even increase your metabolism.

Use the Blue sword of light to assist you in healing your body.

Blue Ray Healing

Imagine you have a Blue sword of light. At the tip of the sword, there is a Blue star, which has incredible healing power. When the star touches any area of your body that is sick, it dissolves the sickness completely.

Use the Blue sword of light to relieve fevers, stop bleeding, heal burns, and clear skin problems.

Say: “Divine Sword of Light, heal, purify and regenerate this area.” Repeat this statement several times for about two minutes, until you feel better.

SAPPHIRE

Regenerate Your Body

38

38. Sapphire

Regenerate Your Body

Sapphire heals, purifies, and regenerates your body. It also has the ability to soothe your mind, calm your nerves, and release emotional pain. As a nourishing color, Sapphire dissolves disharmony and clears the blocked pathways to well-being, clearing your mind, balancing your emotions, and creating order in your life.

Experiment with Sapphire light to regenerate your body and bring back a sense of harmony.

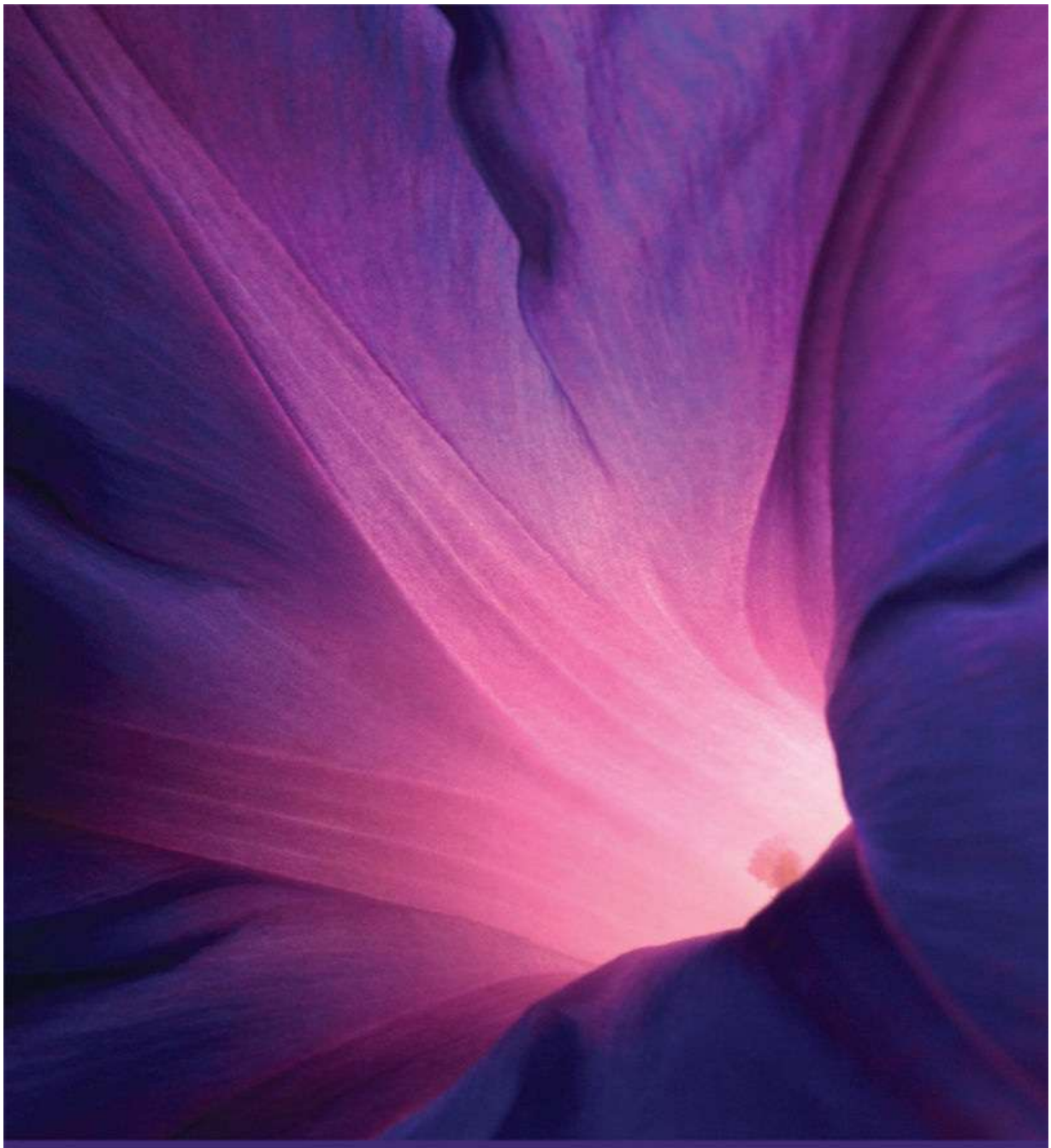
Regeneration

Breathe in healing Sapphire light and allow yourself to focus on increasing your well-being.

Rub your hands together, then place them next to each other. Imagine that you are holding a sphere of Sapphire energy in each palm. Allow yourself to feel these powerful spheres of energy and play with them, increasing their size and strength. Now put your hands on the part of your body that needs regeneration.

Say: “Divine Light, heal, purify, and regenerate.” Repeat this statement several times for about two minutes until you feel better.

Visualize the Sapphire energy moving through your body, cleansing it, regenerating it, and bringing back a sense of harmony.



PURPLE

Develop Mental Clarity

39

39. Purple

Develop Mental Clarity

Purple helps with eyesight, hearing, and bringing back a sense of smell; clears mental complexes, negativity, and inflammation; and aids with rheumatism, pain, and the healing of bones. Creating a connection between your mind, body, and soul, Purple also brings positivity and success.

Use Purple to clear your mind and let go of negativity.

Mental Clarity

Light a Purple-colored candle and focus your attention on it. Become aware of any negative thoughts or feelings you are experiencing, saying each aloud as you burn the candle. Imagine the negativity being consumed by the flame of the candle, then say the following statement: “Divine Intelligence, please delete this negative thought from my mind, body, and energy field.”

Now focus on creating a positive state of mind. Say positive affirmations that can help you feel more inspired and peaceful in your life. Say: “Divine Spirit, please install thoughts and feelings of clarity, peace, and gratitude.”

Keep practicing this exercise until your mind is purified of all negativity.

INDIGO

Improve Your Vision

40

40. Indigo

Improve Your Vision

Indigo helps with any illnesses affecting your head, eyes, ears, or nose. It also treats mental and emotional disorders, such as ADD, anxiety, and depression. Use Indigo for problems with insomnia and to release stress and tension. When visualized, Indigo provides a sense of clarity and purpose.

Visualize Indigo rays to improve your vision and to make your dreams a reality.

Vision

Focus on your eyes. Are they tired and heavy or light and relaxed?

Imagine Indigo light penetrating your eyes, finding any dark spots in your field of vision and dissipating them. Place your palms on your eyes and gently hold them there for a few minutes, allowing your eyes to relax completely.

Visualize something in the future that you would like to create, then freeze it as if it were a beautiful painting. Now place it in an Indigo bubble and allow it to float into the middle of the world, shining its energy from there.

Say: “Divine Intelligence, please allow what I have seen in my vision to manifest in the perfect time and in the perfect way.”

PLUM

41

Overcome Your Challenges

41. Plum

Overcome Your Challenges

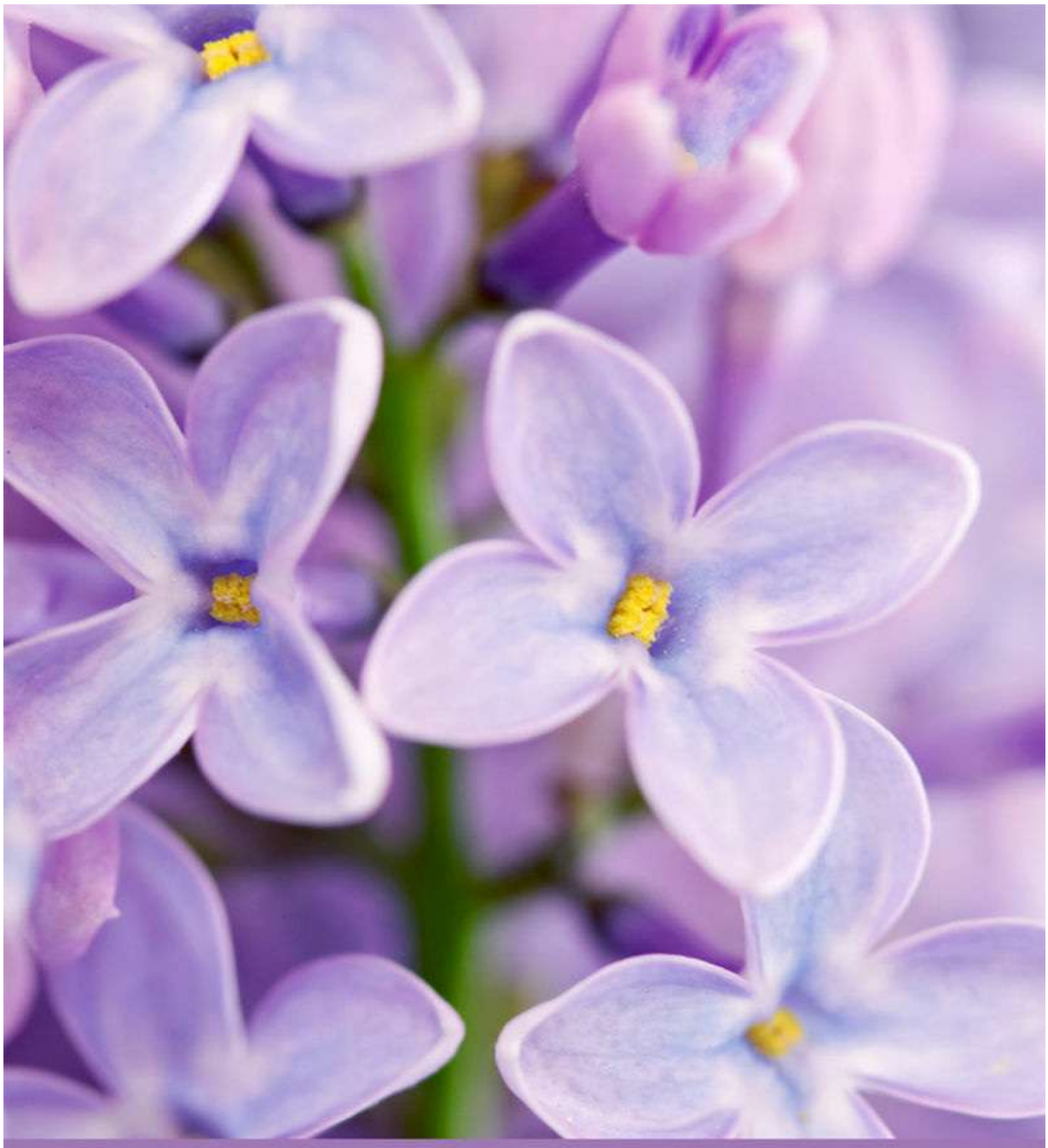
Plum is a color of devotion, dedication, and commitment that connects you to your heart and life purpose. Creating deep bonds in friendships and relationships, it also assists you to stay strong through hardships and difficult situations. Plum is a color of deep inner strength and faith.

Use Plum rays to overcome challenges and discover your life purpose.

Overcoming Challenges

If you are facing something difficult, make sure you surround yourself with Plum. Wear Plum clothes, shoes, or jewelry; eat Plums; paint with this color; or visualize a ray of Plum to soothe your heart and soul. Find the gift in this challenging experience, and allow its insights to come into your mind.

Say: “Divine Spirit, please use the Plum ray to guide me through any challenges I may experience with ease, grace, and softness.”



LILAC

Strengthen Your Faith

42

42. Lilac

Strengthen Your Faith

Lilac strengthens your faith, activates your intuition, and increases your psychic abilities. It is a soft, gentle color that encourages you to expand your spiritual awareness and improve your connection to the Divine. Free yourself from old patterns and regain your inner power with Lilac.

Strengthen your faith by bathing yourself in magnificent Lilac light.

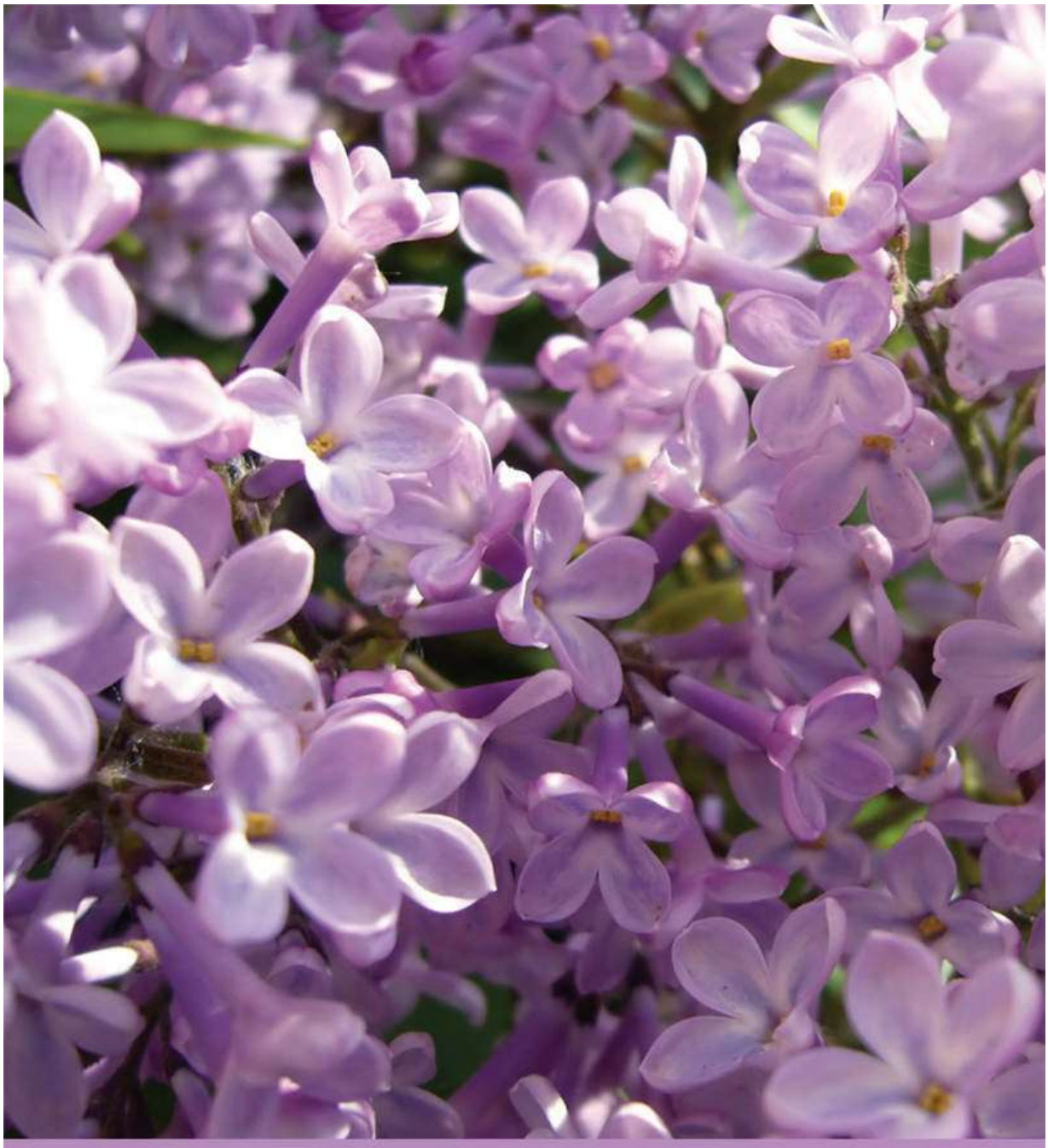
Faith

Faith is a strong belief in something that is not obviously visible to the eye. Too often, people give up just before something incredible is about to occur. Lilac is here to remind you to have faith in the Divine.

Ask for what you would love to occur, then rub your third eye. Imagine that you have a Lilac magnet in your third eye that will start attracting your desires to you. Activate this magnet by visualizing it and saying “activate.” Then rejoice internally, knowing that your request has been answered.

To strengthen your faith, buy a Lilac-colored filter and stick it on a window of your house where the sun enters the room. Sit next to this window and bathe yourself in the magnificent Lilac light.

Say: “With every breath I take, my faith in myself and the Divine is renewed. I am ready to receive the highest love and abundance from the universe.”



MAUVE

Enjoy Clear Hearing

43

43. Mauve

Enjoy Clear Hearing

Mauve, a pale Lavender-Lilac color, connects to intuition, awakening your inspiration, expanding your spiritual awareness, and helping you to let go of heavy, dense energies. Mauve also creates a sense of peace and tranquility to assist with eye and ear problems, and improve your memory and ability to concentrate. It is a color of softness, gentleness, and allowance.

Use Mauve rays to release stuckness from your ears.

Hearing Clearly

Focus your attention on your ears. Do they feel clear or blocked? Ask yourself, “Is there anything that I don’t want to hear?” Your ears are intelligent and may try to block out information you’re avoiding.

The next time you are around someone who is saying something hurtful or upsetting to you, imagine Mauve rays moving through your left ear to push anything dense or unclear out through your right ear and into a fire that dissipates the negativity. Do the same thing with your right ear, then surround yourself with loving and encouraging people.

Say: “Divine Intelligence, please help me to listen to and apply my Divine Wisdom.”

LAVENDER

Connect to Body, Mind & Soul

44

44. Lavender

Connect to Body, Mind & Soul

Lavender is a subtle color that sharpens your intuitive abilities, brings out leadership qualities, and strengthens the connection between your body, mind, and spirit. Lavender also helps boost your immune system and assist with the healing process.

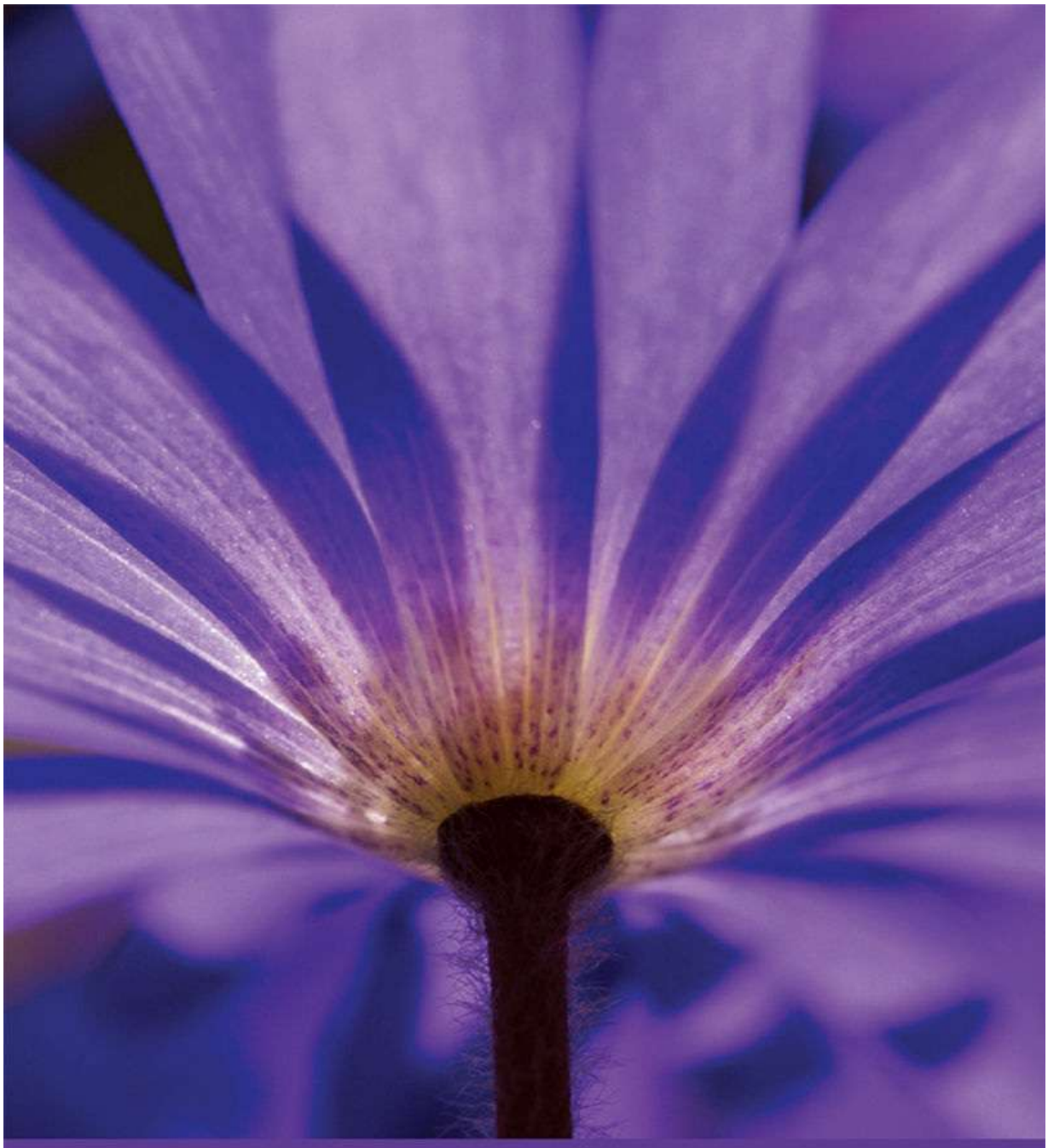
Connect to Heaven and Earth with Lavender threads of light.

Connection

To feel whole, you need to experience the connection between your body, mind, and soul.

Imagine a Lavender thread of light that links your body to your mind and your mind to your soul. Observe how this Lavender thread connects your feet to the energy of the Earth and your mind to the higher realm. Focus on the joy of being yourself, in touch with Heaven while on Earth.

Say: “Divine Spirit, strengthen my connection to my own Divinity and allow me to see the Divinity in others. Thank you.”



VIOLET

Create a Balanced Life

45

45. Violet

Create a Balanced Life

Violet regenerates your nervous system and heals insomnia, mental disorder, physical illness, and injuries affecting the eyes and the brain. It is especially helpful with treating epilepsy, balancing energy and reprogramming cells. Violet also activates intuition, opens creativity, and increases the psychic senses to release karma and regain freedom from past issues.

Create balance and receive blessings from the Violet gift box.

Balance

Balance is an important part of life; it is the recognition that every challenge contains a blessing and every blessing contains a challenge. With it, we embrace the whole of life.

Focus on any area in your life that seems out of balance. If you could learn something from it, what would it be?

Close your eyes and imagine a Violet gift box floating toward you. When it comes closer, unwrap it and receive its gift into your heart. Allow a Violet ray of light to penetrate your body, relaxing and energizing it as you let go of any fear, stress, or worry and bring back balance.

Say, “Divine Intelligence, please allow me to create a balanced and harmonious life full of blessings and joy.”